HOT WATER
KUTCHER FACES ALLEGATIONS OF INFIDELITY {page 29}

WICKED 'WICH
LAYER IT UP WITH AVOCADO {page 38}

GLAM ROCKS
MILAN FASHION WEEK THUMBS ITS NOSE AT AUSTERITY {page 30}

CALGARY metro®

Thursday, September 29, 2011
www.metronews.ca

News worth sharing.

Super. Heroes

▶ Nexen employees don Superman costumes to break a Guinness record yesterday in Calgary.

CANDICE WARD/FOR METRO

Employees break record

Nexen employees break the Guinness World Record for World's Largest Gathering of People Dressed As Superman, with 437 people dressed like the superhero at Century Gardens on 8th Street and 8th Avenue Southwest yesterday afternoon.

Auction stirs First Nations furor

- **The Glenbow sold 167 of the 220 items up for auction on Tuesday**
- **The remaining 53 would normally be held for a future sale, but the Glenbow is re-evaluating its approach**

CANDICE WARD
CALGARY@METRONEWS.CA

First Nations groups are outraged over the Glenbow Museum's sale of native artifacts on Tuesday.

One Calgary-based First Nations woman watched in horror as parts of her heritage were sold off piece by piece in front of her eyes.

"That was violating our people," said Carmel Crowchild, member of the Treaty 4 Nation, but now registered at the Tsuu T'ina Nation.

Crowchild attended the auction with the intention of stopping the sale and demanding the items be returned to their cultural owners, but she did not succeed.

"I stood there watching this, tears coming down my face," she said.

A Glenbow Museum spokesperson said the museum followed all the proper procedures before going ahead with the sale of the artifacts, and because they are owned by the province they cannot be transferred to any individual.

"We aren't legally allowed to give that to them," Jennifer Conway-Fisher said.

"We have to work in a public realm."

Conway-Fisher said many First Nations museums were contacted in 2005 to find homes for the pieces the Glenbow had decided to eliminate from its collection.

"We value our relationships with First Nations communities in Alberta, and we take our responsibility of safeguarding the artifacts in our care very seriously," Conway-Fisher said.

Dr. Reg Crowshoe, a former chief of the Piikani Nation and a current University of Calgary faculty member, said the Glenbow should have done more to work with First Nations, and not just the museums, before the sale began.

"I think it is totally unfair and immoral to our Native culture. They should have been consulting First Nations," Crowshoe said.

"If we work in parallel, a sale could be possible."

Where to see the items

- **Museums.** Some pre-auction items can be found in museums such as the Native Cultural Arts Museum in Grouard, Alta.
- **Heritage Fund.** Money raised at the auction goes into a Heritage Fund for the Glenbow.
- **Cash amount.** No total on how much the auction raised.
- **Items obtained.** Most of the items up for auction were obtained over the past 35 years.

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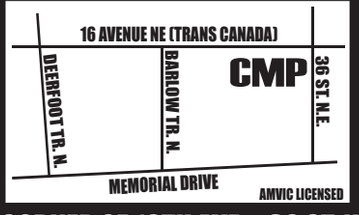

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MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

More readers reach for Metro

Metro Calgary's readership continues to grow, according to 2010-11 results released yesterday by the Newspaper Audience Databank (NADbank).

Metro now reaches 83,400 daily readers and 182,900 weekly readers throughout the greater Calgary area. In comparison to NADbank 2009-10 results, this represents an increase of 2,300 daily readers, or three per cent.

"I'm excited to see the consistent growth of Metro readership in Calgary," said Steve Shrout, publisher of Metro Calgary. "In fact, Metro Free Daily is the only newspaper in the Calgary market to show positive growth over the previous year. Our attention to providing quality content within the pages continues to prove that Calgarians are enjoying the product more and more on a daily basis. We thank our readers and staff for their continued support." METRO

Oil shuts down highway

Drivers south of Calgary had to dodge an oil slick last night. Turner Valley RCMP shut down portions of Highway 22 just north of Turner Valley after a crude-oil spill. Police said the delay would be two to three hours with traffic shut down to only one lane. METRO

JEREMY NOLAIS/METRO

▶ Calgary police spokesman Kevin Brookwell says the ongoing trial for the Bolsa restaurant murders prevents him from discussing a claim that the service was tipped off before the killings. Innocent bystander Keni Sua'a, inset, was among those killed on New Year's Day in 2009.

Police knew of murder plot, informant testifies

▶ Three people murdered at Bolsa restaurant in 2009 ▶ Two days of testimony heard from former associate of the accused men

JEREMY NOLAIS
@METRONEWS.CA

Police were told of a criminal plot involving one of the victims in a triple murder weeks before his death, court heard yesterday.

A key Crown witness in the first-degree-murder trial of Nathan Zuccharato and Michael Roberto said he was enlisted in a plot to kidnap Calgary resident Aaron Bendle and use him as leverage to murder his friend and known gang member Sanjeev Mann.

"I told them (police) I'd help them solve this or bring down my group of friends in exchange for helping turn my life around and move forward," the witness, who can be identified only as M.M., told court.

The informant claims he made a call to police Nov. 18, 2008, a few weeks before Bendle and Mann were murdered at Bolsa restaurant on New Year's Day, 2009.

Keni Sua'a, an innocent bystander, was also killed.

A police spokesperson said police received numerous tips during a protracted gang war in 2008, but said legal proceedings prevented them from commenting directly on M.M.'s claim.

Wiliame Moroka, a longtime friend of Sua'a's, questioned whether more could have been done to prevent his death.

"I am angry if it's true," he said of the informant's claim. "Maybe it was overlooked … but who knows if this guy is telling the truth?"

On trial

- **Along with Nathan** Zuccharato and Michael Roberto, two other men face first-degree-murder trials in connection with the Bolsa killings.
- **Crown witness M.M.** testified yesterday that his role in the alleged murder plot was to burn the clothes and weapon used in the killings.

1 news

The discovery in Alberta of the fossilized remains of two giant reptiles is helping to solve century-old evolutionary mysteries. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

An O woman planning to live-stream a home birth explains her decision and invites you to watch. Video at metronews.ca/video

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A great place to live, but more work to do

83 per cent of Calgarians rate their overall quality of life as good 1,000 people 18 years and older surveyed

KATIE TURNER
@METRONEWS.CA

Although a recent survey shows the majority of citizens are satisfied with life in Calgary, Mayor Naheed Nenshi said it will be a challenge to continue in that direction with looming budgetary constraints.

Ipsos Reid's 2011 Citizen Satisfaction Survey found that 92 per cent of Calgarians gave the city a positive rating for overall performance.

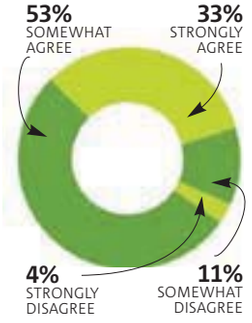
"What this really indicates is that people value the services they're receiving and we better think very, very, very carefully before we make changes to the level of services that people are meeting," said Nenshi. "We are facing some significant budgetary constraints going forward and we're going to have some very tough decisions to make in November."

For this upcoming 2012-2014 budget cycle, city administration will have to find $140 million in efficiencies. City manager Owen Tobert said although it will be a challenge, the city has to strive to maintain citizen satisfaction.

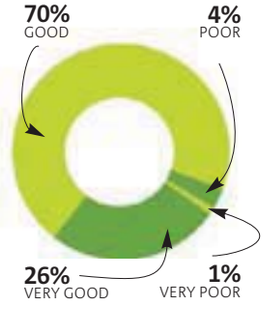
"Really, what's important is keeping that positive momentum going into the future," he said. "It's going to be tough, it won't be easy but it's about keeping the momentum going."

Rookie alderman Shane Keating said positive feedback about council's performance is rewarding but "it doesn't mean we can let up."

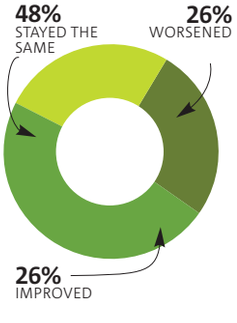
Is Calgary on the right track to be a better city 10 years from now?



Of the all the services the city provides, the quality of services provided is ...



The quality of like in the city of Calgary in the past three years has ...



Top. Guns

▶ Four University of Victoria men, from left, Bear Johal, Cam McQueen, Drew Zimmerman and Taylor Love, a part of the Top Gun Charity, make a stop in their pink van in Calgary during their cross-Canada tour to raise money and awareness for the prevention of Breast Cancer. They hope to raise $135,000 to purchase a film digitizer and tissue processor for their local hospitals.

CANDICE WARD FOR METRO

Save Breasts campaign takes foursome on cross-country tour in pink

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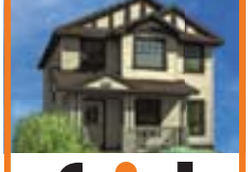

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News in brief

Court hears of stick assault

LAW AND ORDER. Testimony yesterday in an ongoing Calgary torture trial reportedly alleged a 1.2-metre-long bamboo stick was used by the accused to slap his roommate.

CONTRIBUTED

Dustin Ward Paxton faces charges of sexual assault, unlawful confinement and aggravated assault in relation to a number of incidents targeting his roommate between 2008 and 2010.

METRO

Assault nets man 16 years

SENTENCE. An Alberta man who pleaded guilty to abducting and sexually assaulting a six-year-old girl has been sentenced to 16 years in prison.

Louis Joseph Sunchild, who is 28, has also been banned from working voluntarily with children for the rest of his life and banned from being any place where children gather.

THE CANADIAN PRESS

PETA eyes suit for elephant

COURT. The Supreme Court of Canada could be getting involved in the battle over the fate of Lucy the Elephant in an Edmonton zoo.

PETA and Zoocheck have applied to challenge an Alberta Court of Appeal split decision last month that ruled against their plan to sue the City of Edmonton over Lucy.

THE CANADIAN PRESS

LFL coming to Calgary

First 'Canadian Lingerie Bowl' will be held in Toronto on Nov. 24, 2012

Fantasy football is now a reality in Calgary.

Mixing the fast action of football and visual appeal of lingerie models, the Lingerie Football League (LFL) comes to Calgary in the fall of 2012.

"It does not get any better than this for women's sports," said Mitchell Mortaza, founder and chairman of the LFL.

These girls are more than just pretty faces. They're serious athletes.

Mortaza said these women all come from a college athletics background.

"They are the Maria Sharapovas of football," said Mortaza.

The combination of lingerie and football became popular after appearing during the halftime alternative programming of the 2009 Super Bowl.

CONTRIBUTED

▶ The Lingerie Football League is planning new Canadian franchises in Edmonton and Calgary.

"Using sex appeal is nothing new. We are just being honest and forthcoming," said Mortaza.

Already a proven success in Toronto, the league made the expansion announcement yesterday.

"As much success as the league has seen through its first two seasons in the U.S., we expect greater success in Canada due to its fanaticism around sports", said Mortaza.

Not everyone is excited about the expansion into Calgary.

"That's embarrassing for every woman in Calgary," said Ashley Jensen, who holds a women's studies degree from the University of Alberta. "I mean, it's a great thing to allow females into professional sports, but this is a mockery of both women and sports. I'm sure the athletes are in great shape, but that being said, they should seek out celebrity and success in less demeaning ways. This sets the feminist movement back decades."

The 16-week season will begin in September 2012.

Along with Calgary, Edmonton, Vancouver, Quebec City and Montreal will be joining the league.

CANDICE WARD

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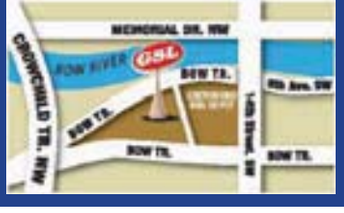

CHEVROLET Cadillac BUICK GMC

17 AVENUE

City will move on 'death trap' crosswalk

The city will be making changes to a 17 Avenue crosswalk where two pedestrians were struck Monday morning.

Metro yesterday publicized citizens' concerns over the crosswalk, at 17 Avenue and 15 Street S.W.

Transportation spokesperson Julie Yepishina-Geller said city staff looked at the crosswalk yesterday and determined new lines will be painted.

They are also considering replacing the existing lights with LED lights and the crosswalk will be put into the queue to be re-evaluated.

Sean Carter, owner of nearby BikeBike, said he has had too many close calls.

"Every day that I cross that crosswalk, it is an absolute death trap."

KATIE TURNER

Redford's mom dies with a wish

Alison Redford's mother died unexpectedly Tuesday from an infection.

Helen Redford, 71, had encouraged her daughter to attend the final debate as one of the three remaining candidates in the Alberta Tory leadership race.

Spokesperson Stephen Carter says the rest of Redford's family also urged her not to pull out of the debate tonight with rivals Gary Mar and Doug Horner.

Redford was by her mother's side in a Calgary hospital when she died.

THE CANADIAN PRESS

Student input scores

JEREMY NOLAIS/METRO

▶ Biochemistry major Mostafa Ghozlan signs a banner advertising the U of C's new slogan, "Eyes High," as the institution's future path is publicized yesterday.

U of C's goal: Join ranks of country's top research universities

JEREMY NOLAIS
METRO CALGARY

Putting the entire institution under the microscope has led the University of Calgary to adopt a lofty research goal.

President Elizabeth Cannon told a crowd filled with hundreds of students and staff the aim is to become one of Canada's top-five research universities by 2016.

"We also want to focus on the teaching and learning environment and our integration with the community," Cannon said.

The university will turn 50 in 2016, making its goal all the more symbolic, but it won't be easy getting there, cautioned Chancellor Jim Dinning.

The next step

- The University of Calgary is ranked eighth in Canada in research money earned.
- All comments gathered through Project Next, will be organized and filed for use by future deans and administrators.

"In order to move into the top five, we have got to move into that passing lane and accelerate like we have never accelerated at the University of Calgary before," he said.

Many of the students and staff in the crowd provided their input on the university's future goals in the spring through a collaborative effort called Project Next.

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News in brief

Machinery crushes man

TRAGIC TURN. Routine work turned to tragedy in southwest Alberta yesterday, after a man was crushed between an excavator and backhoe.

According to RCMP, the 46-year-old was working in a trench west of Millarville, 60 kilometres southwest of Calgary, when machinery slid down on top of him.

The victim's name is not being released at this time, pending notification of next of kin. METRO

Bogus note leads to lockdown

SCHOOL LOCKER. A note left on a locker created a few tense moments for students and staff at Springbank's Edge School yesterday.

RCMP said a student at the school wrote on a note that he would be "returning to school with a machine gun to kill everybody but his buddy." Police said the person accused of writing the note has since been released to his parents. METRO

Saskatchewan fires force evacuations

MASSIVE. Saskatchewan firefighters have been battling three massive blazes in North Battleford, Radisson and Regina.

In North Battleford, a grass fire expanded yesterday and headed toward the Kildeer neighbourhood. A number of homes were evacuated as a precaution, but those people were later allowed to return home.

THE CANADIAN PRESS

Part 4 of 5

Baby Bentley's car birth aided by 911 call taker

Child was born on Aug. 20 near Balzac His place of birth is listed as the licence-plate number of the truck This is Part 4 of Metro's 911 series

KATIE TURNER
@METRONEWS.CA

Moments after giving birth in a pickup truck on the side of Deerfoot Trail, Lauren Atkinson said she looked at the clock to note her baby boy's time of birth.

Coincidentally, it was 9:11 p.m.

Atkinson, her mother and her common-law husband, Kyle Franczuz, were driving to the hospital from Airdrie after Atkinson went into labour. But things progressed much quicker than they had anticipated.

"As soon as my labour started progressing, my contractions went from 10 minutes apart to one on top of the other," Atkinson said.

"That's when I threw my cellphone at my husband and said, you need to call 911."

At the other end of the line was emergency communications officer Sandy Whitehead.

"I said, 'Tell me exactly what's happening' … and she let out this blood-curdling scream. And I said, 'Sir, what's going on?' And he said, 'Ah, the head just came out,'" Whitehead explained.

"Female anatomy isn't one of my strongest subjects."
KYLE FRANCZUZ, WHO HELPED HIS COMMON-LAW WIFE DELIVER THEIR BABY

Franczuz said he took directions from Whitehead and helped his mother-in-law in delivering the baby.

"Honestly, I had no clue what was going on," he said.

Moments later, baby Bentley arrived and EMS came shortly after.

"You get off the phone, and you look around thinking, wow!" said Whitehead, who had never helped deliver a baby before. She added that, in her line of work, after the phone is hung up workers rarely find out how the stories turn out.

But on Tuesday night, she and the couple met.

"It's nice to meet her and thank her for everything she did. She got us through it and pretty much saved my life," Franczuz said.

Whitehead said she was glad to finally get to meet the people on the other end of the phone. "It's an awesome experience to have a start-to-finish end to a story and it's a happy ending."

KATIE TURNER/METRO

▶ Meaghan Ralston gives rescue dog Sophie a kiss.

Rescue dog brought home

About 200 posters put up around the southwest community of Glendale

KATIE TURNER
@METRONEWS.CA

Eight days after she went missing, a rescue dog with medical needs was found and returned to her foster home.

The dog, called Sophie, escaped under Alberta Animal Rescue Crew Society volunteer Meaghan Ralston's fence last week.

Ralston said she was devastated when she discovered Sophie dug under the fence because the dog is dealing with a serious infection caused by porcupine quills in her face.

With Sophie needing medication, Ralston said she was scared at the potential outcome.

"When we did the search party, we had about 15 people come out and there has been at least 30 people that have driven through, walked through, gone through the neighbourhood looking for her," said Ralston.

Tuesday, Ralston said she received the call she'd been waiting for that Sophie had been spotted in Discovery Ridge.

Sophie was picked up by city bylaw officers and taken to a nearby vet clinic and because of the posters around the community, was returned to Ralston's care.

"She's doing quite well. Her paws are pretty raw because she's been running so much," said Ralston.

"It's amazing the support from the community and the vet clinic and the city. Everyone just came together."

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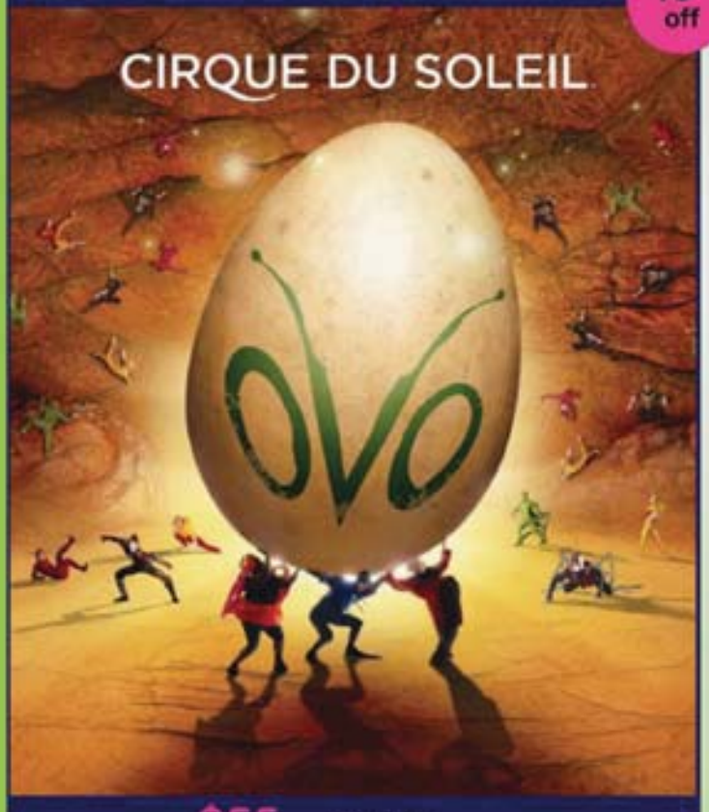

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Cyber-calamity just a click away

Canucks exposing themselves to unnecessary risks

There are enemies lurking in your computer and they can harm you.

That was the message yesterday from a prominent Canadian think tank.

Canadians don't know enough about the technology they rely on every day and may be exposing themselves to unnecessary cyber-risks, said the Conference Board of Canada.

Think viruses, hackers or scam artists.

That knowledge gap needs to be closed in order to protect individuals, organizations and governments from cybercrime, the board said.

John Neily, the board's director of national security and public safety, said people often use email, social media and other Internet-based applications without taking time to consider the dangers.

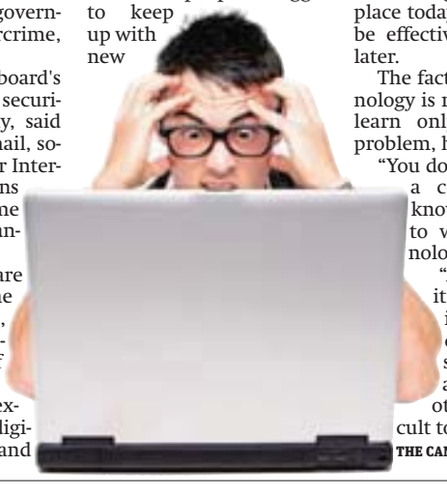
"The risks that are involved in using the digital technologies, we're actually somewhat ignorant of those," Neily said.

"They actually exacerbate our own digital vulnerability, and we can accidentally ... endanger the security of others."

People still engage in risky online behaviour, such as downloading suspicious attachments from dubious emails, Neily said.

Those simple clicks could spread destructive software throughout a technology infrastructure and cause untold accidental harm, he added.

The rapid pace of technological evolution also poses a problem, Neily added, as people struggle to keep up with new programs on the market. The safeguards put in place today may no longer be effective a few weeks later.



The fact that most technology is relatively easy to learn only adds to the problem, he said.

"You don't need to have a certain level of knowledge in order to work with technology," he said.

"Anyone can use it. As a result, that in and of itself can allow a person to get into areas that are otherwise difficult to manage."

THE CANADIAN PRESS

The human threat

- The human element cannot be underestimated, Neily said.
- Some of the most aggressive threats are delivered through less-than-modern channels such as a con artist tricking a victim into providing a password over the phone or a thief rifling through the garbage to obtain information.

Quebec. River may hold a secret

▶ Police search a riverbank near Montreal yesterday for the body of Julie Surprenant, who went missing 12 years ago.

RYAN REMIORZ/THE CANADIAN PRESS

Was Julie's body dumped here?

A cold case is suddenly hot again. Quebec police say they have dramatic new information in a 12-year-old missing-persons case. Julie Surprenant was 16 when she disappeared in 1999. But a nurse at a Laval hospital has told a reporter that a man dying of cancer confessed five years ago to her murder. The convicted sex offender said he dumped her body in a river.

Condoms sabotaged

A Nova Scotia judge has convicted a man of sexual assault for having intercourse with his girlfriend after he poked holes in her condoms.

Justice Richard Coughlan of the Supreme Court of Nova Scotia yesterday found Craig Jaret Hutchinson, 41, of Clyde River not guilty of aggravated sexual assault but guilty of the lesser offence.

The woman from Halifax became pregnant and had an abortion.

Coughlan said Hutchinson aimed to have a baby with the woman, who cannot be identified under a publication ban.

Sentencing is Dec. 2.

THE CANADIAN PRESS

He apologizes

- The woman testified she was unable to take birth control pills for medical reasons, so the couple relied on condoms.
- The judge read a text message from Hutchinson in which he apologizes for poking the holes in the condoms and says, "I wanted a baby with you so."

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Yemen's political upheaval escalates

Country rocked by daily mass protests demanding Yemeni president's resignation Warplane shooting latest violent act

Tribesmen shot down a Yemeni government warplane that was bombing their positions north of the capital Sanaa yesterday, military officials said.

Tribesmen overran a military base belonging to Yemen's elite Republican Guards earlier this week in the area where the aircraft was shot down.

The capture of the base followed weeks of intermittent fighting between the tribesmen and government forces. The tribesmen are believed to have seized a large number of weapons from the base, including anti-aircraft guns.

Yemen has been rocked by protests demanding the ouster of longtime president Ali Abdullah Saleh, plunging the impoverished nation into deep political crisis.

Armed tribesmen and defecting military units who are supporting the protesters have joined the fray, turning the upheaval into an armed confrontation that is looking increasingly like a civil war.

The confrontation escalated just before Saleh returned to Yemen last week after he spent months in Saudi Arabia recovering from injuries sustained in a June attack on his presidential compound.

Saleh has repeatedly rejected a U.S.-backed regional initiative that calls for him to step down and hand over power to his vice-president to ease the crisis.

THE ASSOCIATED PRESS

UN steps in

The UN Security Council supports the regional plan and urged all sides to reject violence.

- **Saleh has not made any** indication that he will support the regional plan and violence has picked up.
- **The Security Council** met with Yemen's vice-president in light of the president's isolation.

▶ Yemeni protesters chant slogans during a demonstration demanding the resignation of President Ali Abdullah Saleh in Sanaa yesterday. Armed tribesmen have shot down a government warplane that was bombing their positions north of Sanaa.

HANI MOHAMMED/THE ASSOCIATED PRESS

Israel shrugs off housing criticism

The Israeli government yesterday rejected international criticism of its decision to build 1,100 new Jewish housing units in east Jerusalem, claiming the plans do not hinder peace efforts with the Palestinians.

The Palestinians demanded that Israel halt all settlement construction in east Jerusalem, which they claim as their future capital, for resuming peace talks.

The U.S., European Union and United Nations all swiftly expressed their disappointment over the settlements, which raised already heightened tensions.

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ELSA/GETTY IMAGES

▶ A person watches a burning vehicle during riots that broke out in Vancouver on June 15 after the Vancouver Canucks lost Game 7 of the Stanley Cup final.

Charges coming in Vancouver riots

- About 40 riot charges expected by Halloween
- Police seize media photos and videos of rioters

Investigators in Vancouver plan to deliver charges by Halloween against 40 people for their roles in the June 15 Stanley Cup riot, police announced yesterday as they began serving warrants to local media to secure photos and video of the riot.

"This is an important step in the investigation," Vancouver Police Department Insp. Les Yeo said of the warrants, "to ensure all images are collected and rioters are held accountable."

"If you participated in the riot and thought you got away with it, you're mistaken."
VANCOUVER POLICE INSP. LES YEO

VPD investigators are in Indianapolis, working with forensic analysts from across North America and the U.K., poring over more than 1,600 hours of video evidence.

The investigators are expected to return to Vancouver in two weeks with hundreds more images of suspected rioters that will be added to the VPD's riot website.

METRO

Mother of slain girl charged

The mother of murdered Woodstock girl Tori Stafford is among those charged after a drug bust in the Ontario town.

Tara McDonald, 32, James Goris, 34, and Brandon Annis, 38, were arrested at a Woodstock home yesterday. Police say crack cocaine, marijuana, cash and alleged stolen property were seized.

THE CANADIAN PRESS

MP protests funding for Planned Parenthood

Saskatoon Tory MP Brad Trost is publicly condemning the Harper government's decision to donate to the International Planned Parenthood Federation. In an interview with a Catholic publication, he calls the funding decision a slap in the face for social conservatives. THE CANADIAN PRESS

Soldier charged over child porn

A member of the military at CFB Trenton, Ont., has been charged with one count of possession of child pornography.

The charge against Cpl. Mario Desrochers, of 1 Canadian Air Division, was laid by the Canadian Forces National Investigation Service under the National Defence Act. A court martial hearing will be held Oct. 31 in Trenton.

THE CANADIAN PRESS

Sign up by email to watch live birth

Woman plans to set up camera, stream video of her natural home birth Wants to break down 'culture of fear'

An Ottawa-area woman plans to live stream the birth of her third child, and is inviting would-be viewers to sign up to receive an email when she goes into labour.

Nancy Salgueiro, a chiropractor and childbirth educator, has posted a video on the website yourbirthcoach.com to explain why she is opening her home to the world for the occasion.

"In our culture, we've created this idea of fear and this visual image of what birth is, with TV and with sitcoms, and with the stories that we've heard in the last few generations that have really created just this culture of fear and secrecy and privacy," she explained.

NEVIL HUNT/BARRHAVEN THIS WEEK

▶ Nancy Salgueiro

"We don't know what to expect as women going into labour ourselves, and I really believe that it's important for women to see what a normal natural birth is like."

Salgueiro is due in early October, but noted that "due dates don't mean a whole lot" and the baby could come anytime from now to late October.

Those who register will receive an email when she goes into labour about where to watch the birth live online.

In her video, Salgueiro said other women and girls used to attend births many years ago.

It is important to change the "visual blueprint" of childbirth so that it can be thought of as a normal natural process that is part of life, she said.

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▶ Engineers, harnessed to ropes, inspect the exterior of the Washington Monument.

EVAN VUCCI/THE ASSOCIATED PRESS

Monumental inspection

The Washington Monument was damaged in an earthquake last month.

Blond genes: Now on sale

Danish sperm bank offers discount on blond, redhead donors

It's an issue of supply and demand, not racism, says company

CHRISTIAN KLOSTER
NEWS@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

A sperm bank in Denmark has announced it is no longer accepting donations from blond- and red-haired men. The Cryos international sperm bank in Aarhus said their 'Nordic' specimens — including 140,000 doses from redheads — are being sold on a discount due to a lack of demand.

"We have too much sperm from men with Scandinavian features, and relatively few customers request it, so we're attempting to sell it at a lower price — a sale, if you will," Ole Schou, director of Cryos, told Metro.

Sperm from dark-haired, brown-eyed men sells at the normal price, Schou added. "We sell out very quickly, and we haven't yet managed to recruit enough dark-haired, brown-eyed donors. Currently, we turn away all donor candidates with blond, dark blond and red hair as well as blue, grey and green eyes. Instead, we're looking for those with dark hair and brown eyes," he said.

He points out that the sperm bank does not discriminate against any race or ethnicity; he simply wants to deliver the type of sperm the customers ask for.

"We need to get better at recruiting donors of other ethnicities right here in Denmark," Schou said.

The surplus inventory of sperm from blond men is the result of being headquartered in Aarhus where male students from the nearby university earn money by donating sperm.

A great number of Cryos' customers live in Spain, Italy and Greece, where they are not looking for a blond, blue-eyed addition to the family.

Cryos sells sperm to childless couples in more than 65 countries around the world. To meet the demand of the market, Cryos has opened branches in New York and in Mumbai, India.

Redheads rejected

Cryos representatives say they have received an angry backlash after refusing to accept donors with red hair.

"We have received a number of complaints from red-heads from all over the world. Some are very angry, even aggressive. They accuse us of racism," tells Schou.

Schou is surprised at the backlash, and he apologizes to those who feel offended by Cryos's actions.

"I can assure you we don't discriminate against anyone. We have nothing against redheads. We're simply trying to meet the demands of our customers," he explains.

These days, Cryos representatives spend a great deal of time turning away angry redheaded donor candidates because they say it is a waste of resources, as it simply does not sell.

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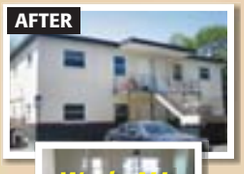

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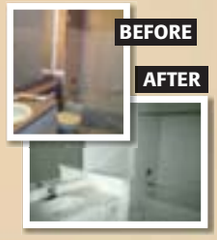

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 235.22 (11,585.87)	- 1.16 ¢ (96.84¢ US)

Oil	Natural gas 1,000 cu ft
- 3.24¢ US ($81.21 US)	$3.833 US (- 4¢)

Gold contracts $1,618.10 US (- $34.40)

Tabloid spying not new: Report

THE ASSOCIATED PRESS FILE

▶ Morgan

No one suspected the secretary.

Efficient and well-liked, Sue Harris was at the heart of the Sunday People, the smallest of Britain's weekly tabloids. She booked flights, reserved accommodation and tallied expenses for the paper's dozen or so full-time reporters. These journalists implicitly trusted the 40-something south Londoner.

Maybe they shouldn't have.

In 1995, Harris was dismissed over an allegation she'd been feeding her paper's juiciest scoops to the Piers Morgan-edited News of the World for a weekly payoff.

Harris's alleged spying wasn't unique, an AP investigation has found.

Interviews with three more former journalists and published accounts suggest that Rupert Murdoch's flagship Sunday tabloid engaged in a pattern of payoffs aimed at rival newspaper employees.

THE ASSOCIATED PRESS

Reebok charged after 'butt' claims

Reebok will pay $25 million US to settle charges that it made deceptive claims that its toning shoes would strengthen the legs and buttocks.

Reebok is barred from making any claims of toning effects unless backed by scientific evidence.

Consumers will be paid either directly from the FTC or through a court-approved class-action lawsuit.

THE ASSOCIATED PRESS

MARK LENNIHAN/THE ASSOCIATED PRESS

▶ Jeff Bezos, chairman and CEO of Amazon.com, introduces the Kindle Fire yesterday in New York. The e-reader and tablet has a seven-inch multicolour touchscreen. Behind him is a projected display of magazines that will be available on the Fire.

Amazon tablet set to take a nibble out of Apple's iPad

◐ iPad is top-selling tablet ◐ Amazon e-reader not sold in Canada yet

Amazon CEO Jeff Bezos yesterday showed off the Kindle Fire, a $199 tablet computer, challenging Apple's iPad by extending its Kindle brand into the world of full-colour multipurpose devices.

Bezos also took the opportunity at a New York press event to introduce a new line of Kindle e-readers with black-and-white screens and lower prices, further pressuring competitors such as Barnes & Noble Inc. that are trying to break Amazon.com Inc.'s dominance in electronic book sales.

The Kindle Fire will go on sale Nov. 15. It's about half the size of the iPad, making it a close match with Barnes & Noble's Nook Color tablet, which came out last year.

Amazon gave no hint of when it might be available to Canadians.

"Today, Kindle Touch, Kindle Touch 3G and Kindle Fire are available only in the U.S.," a spokeswoman said in an email.

While Barnes & Noble sees the Nook Color as jazzed-up e-reader, Amazon sees the Fire as a platform for games and movies.

Though competing with the Apple iPad won't be easy. Apple sold 28.7 million from April 2010 to June 2011 and is expected to account for three out of four tablet sales this year.

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NOW THAT'S USING YOUR HEAD

HE SAYS ...

JOHN MAZEROLLE
METRO

I don't know whether it's good that most of the buzz heading into the new NHL season is that the league is actually punishing players when they attempt to decapitate each other.

I'm glad the league is enforcing its rulebook, but it feels like applauding your neighbourhood restaurant because they've finally dealt with the rat hair.

Yes, the league — after decades of downplaying violence as "part of the game" — is now cracking down if players are reckless with an opponent's braincase.

Such is the NHL that this is considered a breakthrough.

In case you don't eat/breathe/sweat/secrete/expectorate hockey like me, here's the deal. For years, NHL discipline worked like this:

• One player attacks another, possibly with a chainsaw (this is a fanciful example and only happened a couple of times).

• The league notes that there is no mention of a chainsaw in the rulebook, so its hands are tied.

• The players say hockey is a fast game and the attacker probably just meant to use the chainsaw as a bludgeon.

• During the next game, the chainsaw wielder and an "enforcer" on the other team have a fistfight. This makes everything OK.

This system worked for a while, but what do you think the league did when great players such as Pat LaFontaine and Eric Lindros had their careers cut short?

If you said, "Nothing!" then you have a bright future as a National Hockey League commissioner.

"No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in."

No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in.

So the league hired a new disciplinarian (former player Brendan Shanahan) to replace the old one (a macaque with a Magic 8-Ball). Shanahan swiftly handed out a huge eight-game suspension — your salary for a year, basically — because of a simple hit from behind. It used to be that an eight-game suspension probably involved an autopsy, at minimum.

The league's website even has a slick "Suspensions" section, tucked in between the highlights and the pro shop. This is either heartening or depressing.

The league — which was slow to enforce hooking and holding penalties, to shrink goaltender's equipment, to ban head shots — usually makes the right decision eventually — but almost always one moment too late.

A little anticipation would be nice. Or as Gretzky might put it, the league needs to learn to go where the screw-ups are going to be, not where they've been.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

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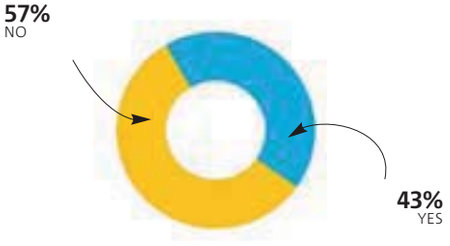
Should obese women be denied fertility treatment?



Local tweets

#EnoughIsEnough

- **@stillblazingtho:** #EnoughIsEnough when are people going to realize how stupid it is to keep #marijuana illegal. The benefits clearly outweigh the negatives.
- **@Orielus keenon:** stop putting hashtags in places that they dont belong! (text messages, emails, facebook, homework etc.) seriously.. #EnoughIsEnough
- **@iRespectFemales:** cheating on the one you love...for temporary pleasure? #EnoughIsEnough
- **@Tanisha_DaDiva:** You want to go ham over my social network status? Cmon son #enoughisenough
- **@Fyrare:** Staying in a relationship you know is headed nowhere #EnoughIsEnough
- **@Fyrare:** EnoughIsEnough wit the acting like you are so important cause you have a lot of followers and you are a complete failure in the #RealWorld

Letters

Millions of children were back to school a month ago. But not in many countries in sub-Saharan Africa, Asia or the Middle East.

Around the world, almost 70 million elementary-school-aged children — especially girls — don't go to school at all. Millions more receive a poor-quality education and will not be able to read, write or count.

Investing in basic education is one of the best ways to fight poverty. In the last decade, the number of out-of-school primary-school-aged children has decreased from 102 million to 67 million, with support from mechanisms like Education for All – Fast Track Initiative (FTI).

As more countries recognize the importance of basic education, there has been an unprecedented demand for education resources globally.

Canada is among the rich countries contributing to the FTI, but is still not contributing its fair share. Thus, it is time for Canada to commit to a total of $125 million over three years. (Currently Canada's contribution to the FTI is $60 million over five years.)

BRUNO MARQUIS, GATINEAU QUE.

Not-so-mini. Jump

▶ Current England long-jump champion and London 2012 hopeful J.J. Jegede attempts an exhibition jump over three limited-edition 2012 MINIs yesterday in London in this image that has been made from a sequence of frames.

JULIAN FINNEY/GETTY IMAGES FOR BMW

Photo of the day

This world-first stunt took place to celebrate the launch of the MINI London 2012 edition models, of which only 2,012 will be produced.

WEIRD NEWS

Fans mourn celebrity opossum death

SEBASTIAN WILLNOW/DAPD/THE ASSOCIATED PRESS FILE

▶ Heidi

Facebook friends and fans across the Twittersphere are mourning the loss of Heidi — the cross-eyed German opossum whose cute but confused countenance warmed hearts around the world.

The Leipzig zoo said yesterday that the marsupial had been listless and unable to move for several weeks. A decision was made to put the three-and-a-half-year-old animal to sleep following repeated attempts to treat her arthritis.

Within minutes of the announcement, Heidi was trending on Twitter and thousands of fans were leaving an outpouring of condolences on her Facebook page.

"How sad," wrote Rene Schaaf, from Heidi's home city of Leipzig. "This lovable creature enriched our daily lives, showing us that 'imperfect' can also be interesting and even beautiful." **THE ASSOCIATED PRESS**

metro

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2 scene

Timberlake

The Environmental Media Association says Justin Timberlake will receive its Futures Award, which represents future environmental leaders in entertainment. He has tried to reduce his carbon footprint on his massive tours.

THE ASSOCIATED PRESS

Bang your head: Juno Awards to add metal/hard music category

Trio tickling the ivories

Trio Solisti coming to Cowtown for a two-day show **Now in their 10th year of tours**

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

It's one thing to go to a piano bar and watch in complete awe as two talented artists rhythmically hammer on the keys.

The energy is infectious and inspirational. I've seen it a few times and wondered how many organic acts were out there that could entertain like this?

The truth is, there aren't many, but luckily Calgary is in for a treat. Trio Solisti, which is actually made up of three talented instrumentalists, is returning to cowtown on Oct. 2 for a two-day show.

Cellist performer Maria Bachmann gave Metro a behind-the-scenes scoop on what Calgarians can expect from this upcoming appearance.

"Even if we have played something many times, we still like to change things and try new ideas. Nothing is set in stone and everything is flexible for a new interpretation," Bachmann said.

"Interestingly, sometimes things happen in performances that don't happen in rehearsal. The energy the audience sends up as they listen inspires us to play in a way that can't be recreated in rehearsal."

Notable

What you need to know about Trio Solisti.

Accolades The group was recently crowned the most exciting piano trio in America by The New Yorker magazine.

That doesn't mean the group slacks in the practise department.

Pulling off three simultaneous piano performances is quite the feat.

Each member practises his or her own part for hours on end before the group rehearses together.

It takes relentless dedication, but Bachmann says that's part of the allure and what keeps her motivated in her career.

"I advise younger players to think about if this is something that they just can't live without," she says.

"Making the decision to pursue a career in music is really more of a calling."

It's a decision that's certainly worked out well for Bachmann and the other members of Trio Solisti — they are celebrating their 10th anniversary this season and have produce four albums with two more on the way next year.

To catch them live, grab your tickets from the Calgary Pro Musica Society at 403-244-8277 or calgarypromusica.org.

Adult admission is $40 and students or seniors are $25.

HANDOUT

▶ Trio Solisti's shows kick off on Oct. 2.

You need a little bit of luck this summer

It's been anything but a cruel summer for Kelly Reay, who broke started her professional theatre career at the ripe age of 19.

In fact, it's been a Summer of Amazing Luck — that's the name of the play that this Artistic Director has brought to the Sage Theatre stage and it's the perfect way to round out the season.

Adapted from Winnipeg novelist Miriam Toews' book of the same name, Summer of Amazing Luck follows the journey of two best friends.

"While it's a very funny play with tons of laughs, it is also a very touching play, so there may even be a few tears shed," Reay said.

The play runs at 8 p.m. from Tuesdays to Saturdays, as well as, 2 p.m. on weekends until Oct. 8, 2011. More information and tickets are available from sagetheatre.com.

JENNIFER LARAWAY

There's a new teacher in town

In upcoming X-Men relaunch, Wolverine set to teach Marvel's mutants

In finding a new teacher to replace the X-Men's venerated Professor X, writer Jason Aaron has found a not so suitable substitute that's bound to have readers of Marvel Comics' upcoming Wolverine & the X-Men series doing a double take.

Or even a triple take, given that the new headmaster has three razor-sharp claws that "snikkt!" from both his hands at the mere hint of danger.

Wolverine is heading up the Jean Grey School for Higher Learning that will not only educate young mutants, but hone their powers, too. He's being helped by Kitty Pryde, Iceman and Beast, among others.

"We're getting to see Wolverine in a position we've never seen him in before," Aaron said, noting that Wolverine has always been one more prone to violence and fisticuffs first than asking questions.

"We're certainly a little bit uncomfortable, but I think it still makes sense with the way things have been going in the X-universe."

And what's been going on has not been pretty after Wolverine saw his tenuous partnership and shaky friendship with longtime X-Men leader Cyclops shattered in the recent five-issue X-Men: Schism that Aaron wrote.

"Wolverine is leading the show. Not Wolverine with Professor X looking over his shoulder."
WRITER JASON AARON

The two have had bad blood between them for decades. The fact that they both loved Jean Grey, the original Marvel Girl who went on to become the omnipotent Phoenix, only added to that simmering resentment and mistrust, which boiled over this summer.

The rift created in that story was so profound that Marvel halted The Uncanny X-Men with issue 544, opting to replace it with Wolverine & The X-Men next month along with Uncanny X-Men in November. Nick Lowe, who edited the previous series and Marvel's current X-Men titles, said the logic of dividing the teams will become apparent as both series get under way.

"Wolverine certainly has unorthodox ideas," said Lowe. "The name of the school, for one. He's the one who named it and I can't imagine Cyclops will be happy when he learns."

And Wolverine? Well let's just say that while Charles Xavier makes an appearance in the first issue, his calm demeanour is not the foundation for how Wolverine will operate.

"I hadn't planned on Professor X showing up," Aaron said.

"But once I started working on the issue, I felt that he had to show up. I had to have a passing of the torch."

That's evident in the look of the first few pages, which pays homage to the first issue of The X-Men that came out in 1963, but Xavier's school is history and Wolverine's school is more advanced, populated by a cast of familiar and new mutants.

THE ASSOCIATED PRESS

Eden Sher: Shining in The Middle

MATT SAYLES/THE ASSOCIATED PRESS

Something is wrong at the annual block party: Turnout is lighter than usual; hot dogs have no buns and there are no cups for the drinks. Worse yet, one family's house was foreclosed and they were forced to move out in the middle of the night, missing the party they had always attended.

"Are you serious?" Frankie Heck asks a neighbour in the fictional town of Orson, Ind., "because I only thought they were just visiting family."

"They are now," replies the neighbour.

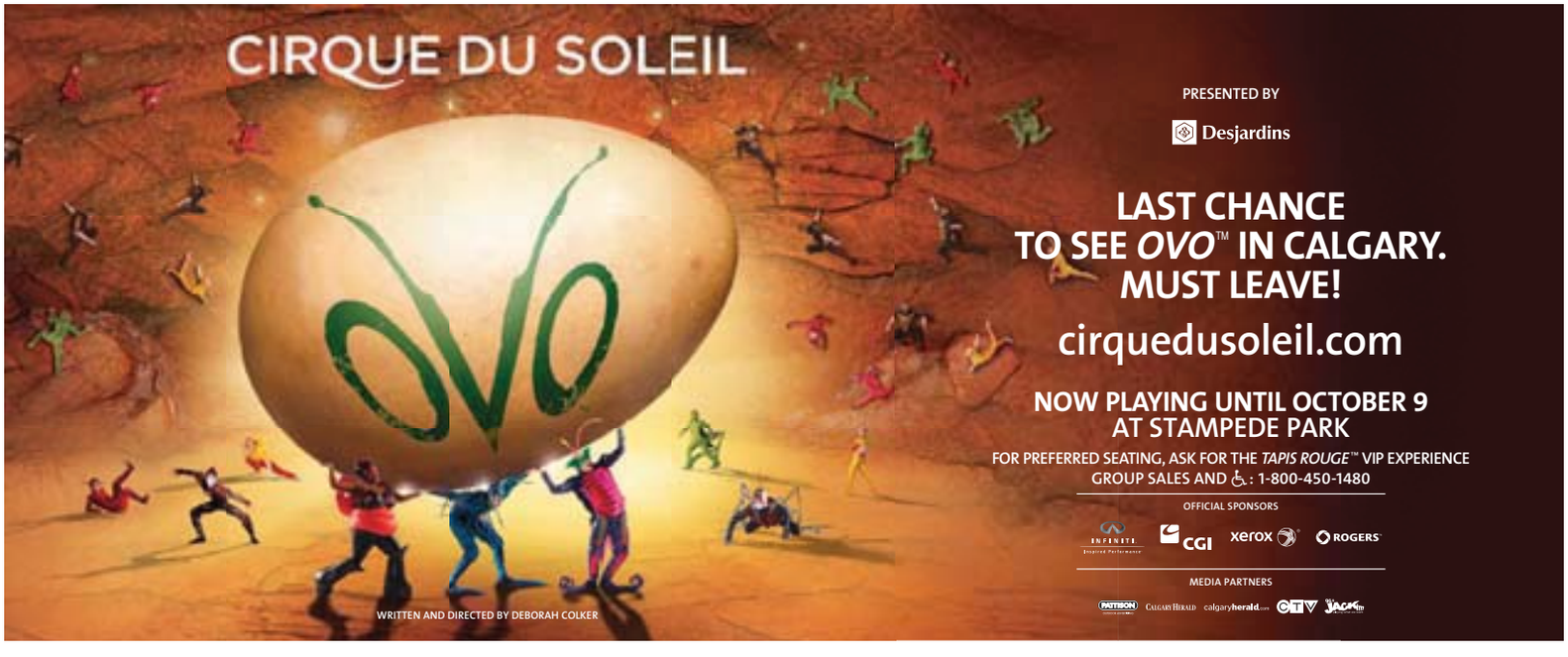
On a recent overcast day at the Warner Bros. ranch, the real-estate crisis has crept its way from big coastal cities and into The Middle, the ABC series that kicks off the network's Wednesday comedy block that includes the Emmy-winning Modern Family.

The Middle portrays a modern family, too. And while hilarity also ensues, The Hecks don't live in Los Angeles-area mansions. This family is in a financial mess. Last week's season premiere of The Middle marked the show's second largest overall audience to date, despite stiff competition from FOX's new The X Factor and CBS's reliable Survivor. More than 9 million viewers tuned in to see the misadventures of car-saleswoman mom Frankie (Patricia Heaton), quarry manager dad Mike (Neil Flynn) and their three children: angry young Axl (Charlie McDermott), book-obsessed Brick (Atticus Shaffer) and the bumbling, stumbling middle child, Sue, portrayed by 19-year-old Eden Sher.

"I've always said to Eden that she's the first one on the show that's going to win an Emmy," Heaton said earlier this summer at another awards show. "I think she's so brave. You know, she gets out there. She lets them mess her up and look goofy and has to fall flat on her face, week in and week out — wearing those braces and straight hair."

Sue Heck has so many embarrassing moments, they're certain to haunt her well into the retirement home. And yet she remains a cockeyed optimist. And even with a stellar ensemble cast, Sher can't help but steal virtually every scene.

THE ASSOCIATED PRESS



Toronto isn't so bad: Jim Cuddy

Blue Rodeo frontman salutes home city on third solo album, Skyscraper Soul
Thinks city is misunderstood

On the title track of his new solo album, Skyscraper Soul, Jim Cuddy croons about a city that "can bring you down" but one which he cannot leave because underneath it, "there's a heart beating."

The amiable Blue Rodeo frontman says the reflective tune is largely an ode to his hometown of Toronto, which he thinks is sometimes misunderstood.

"It sort of came about because ... first of all, I think I've taken umbrage in the last year (at how) so many people slag Toronto," the singer-songwriter said in a recent interview.

"For years and years and years it never bothered me and I never even thought about it. I don't know why in the last year I've gotten kind of prickly about it," the jeans-clad country-rocker mused while sitting on a couch at Blue Rodeo's Woodshed Studio, where the group's many Juno Awards are on display atop an armoire.

Instrumental

- Skyscraper Soul features a purely instrumental track: City Birds. Jim Cuddy said he wrote the song for the 2010 film Gunless, starring Paul Gross, but that it was rejected "as being too sentimental."

"I think that Toronto represents the beauty of many cities around the world — that its beauty isn't always apparent upon first viewing. You come to Toronto and you may feel like it's a cold, concrete place and after you're here awhile ... you realize that there's an incredible amount of energy in this city and that it's a very easy place to do creative things because there are so many people to bump into, to bounce ideas off of."

FRANK GUNN/THE CANADIAN PRESS

▶ Jim Cuddy's latest album was released this week.

Cuddy said the track is also a nod to his early struggles in New York, where he and fellow Blue Rodeo singer-songwriter Greg Keelor lived in the early 1980s.

The two tried to make it as musicians there, supplementing their paltry income by serving tables, but gave up after three years.

"We realized at the end that it's a bad place to put together a band," said Cuddy, 55, noting musicians would suddenly drop out of the group because they were broke and had to move.

"It was just such a difficult place to keep life and limb together. We could never have done Blue Rodeo down there. It was coming back to Toronto, getting a little bit off the incredibly beaten track in New York, that helped us to have the time and the wherewithal to put together a decent band and play a lot."

The urban nature of Cuddy's third solo album, out this week, is also felt in its sound, which has a lot more trumpet than what Cuddy normally works with.

"It changed the songs so that they became a little less rural, a little less country," said Cuddy.

THE CANADIAN PRESS

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Jess pregnant?

Simpson, Eric Johnson calling pre-wedding surprise 'best wedding gift ever' according to source

PHOTOS: GETTY IMAGES

▶ Jessica Simpson

Jessica Simpson is reportedly pregnant, but she's not letting that change her November wedding plans, according to In Touch.

"Jessica might have to take out her dress a bit," but the wedding is still on, a source says, adding that Simpson and fiancé Eric Johnson consider the impending arrival "the best wedding gift ever." And, the source adds, the pregnancy is already having an effect on the singer. "She's already having kooky cravings," the friend says. Among those cravings? Nacho chips dipped in chocolate. METRO

Jen, Justin steam up set

Jennifer Aniston is apparently so happy with boyfriend Justin Theroux that she's been bringing him to work — at least she did on the set of her directorial debut, a section of Five, a series of shorts about breast cancer, where co-director Penelope Spheeris says the pair were "lovey-dovey," according to Hollyscoop. METRO

▶ Jennifer Aniston

Talking points

Paltrow turns 39

Gwyneth Paltrow celebrated her 39th birthday in style, going out for dinner at a new Spanish restaurant in New York's West Village with her husband of eight years, Chris Martin, as well as pals Jay-Z and Beyoncé, according to Getty. METRO

Beckham sons scent consultants

When it came to testing his new fragrance line, David Beckham didn't stray too far from home, soliciting the opinions of sons Brooklyn, 12, Romeo, 8, and Cruz, 6.

"Anytime I get a fragrance, I give all of my sons a tester," Beckham tells Us Weekly. METRO

Celebrity tweets

"LOL so some girl comes up to me n goes "you look like one of those girls from the jersey shows, but you look better." Uhm thanks? Lmao

@Sn0Oki

@THEGaryBusey

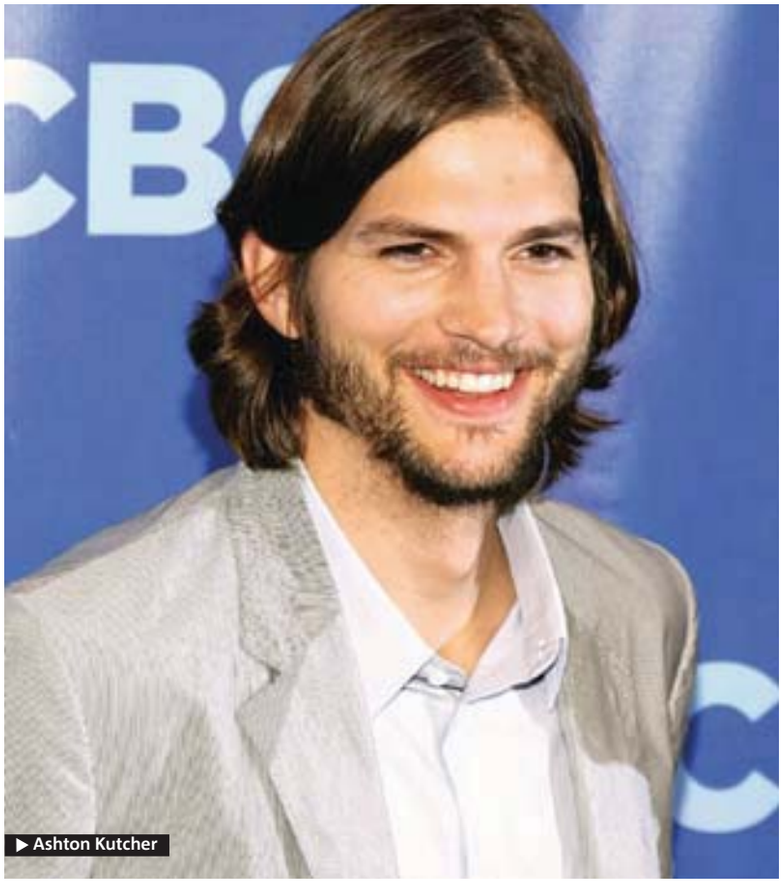
"Jay Way B Cap standing in a Flutterby meadow high above the ocean soaking up the sun is honey in the air."

"Things are always a little different when you come home from the road. Ex: my parents dog now sits like a rabbit."

@taylorswift13

"I want to occupy Wall Street. But only to protest how bad Wall St 2 was."

@rainnwilson


▶ Ashton Kutcher

Ashton Kutcher a cheater?

Ashton Kutcher may be in hot water over allegations of infidelity, according to Radar Online.

Last weekend, the Two and a Half Men star reportedly spent the night with a 23-year-old woman he met at a San Diego nightclub, and the woman is now in hiding and talking to a lawyer.

"She is freaking out," a source says.

Last weekend also happened to be Kutcher's sixth anniversary with Demi Moore, but sources tell Star magazine there likely won't be a seventh.

"Ashton and Demi have separated and the marriage is over," a source tells the magazine.

"The relationship ended because of Ashton's serial cheating.

"It's a painful time for Demi." METRO

Arnie orders statues of himself

Arnold Schwarzenegger was apparently so impressed with a larger-than-life, $100,000 bronze statue of his younger self being made by Oregon-based TW Bronze that he decided they should make seven of them, according to a report from Hollyscoop.

One statue will be sent to a Schwarzenegger museum in his hometown of Thal, Austria, while another will go to Columbus, Ohio, where an annual Arnold Fitness Week is held.

Schwarzenegger is keeping one for himself to be displayed at his home, according to the report. METRO

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In brief

THE BEST COATS: Sportmax

This season, the secondary line outshone its big sister label, Max Mara, literally. The collection was filled with shiny metallics and raver prints in shimmery fabrics that worked best when kept to a minimum, such as the lining on a series of trench coats.

KENYA HUNT

GETTY IMAGES

On the Express to Canada: U.S. chain targeting young adults heads north.

Bring on the bling

Despite Italy's flailing economy, Milan Fashion Week oozed luxury and decadence, from Gucci's gold-embroidered dresses to Cavalli's blingtastic minis Here's a rundown of the top designers

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

DRIPPING WITH GOLD: GUCCI

Gucci kicked off the week with a collection that oozed luxury and was almost entirely dedicated to decadent evening dressing. Frida Giannini's clothes (which she called Hard Deco) were dipped, embroidered and accented with gold. It appeared everywhere — as buttons lining an ankle slit on trousers, bands of hardware around drop-waist dresses, the embroidery on a jacket and as the tip on a pointy-toed stiletto, to name just a few.

GETTY IMAGES

SEXY GARDEN PRINTS: DOLCE & GABBANA

The garden-inspired prints were broken up with pretty lace coats and dresses embroidered with floral appliqués, bejeweled playsuits and cocktail dresses embellished to the hilt in tassels and rhinestones. It was a sexier follow-up to last season's starry dresses that appeared all over the red carpet and on countless September issue covers. Bottom line: Expect celebrities (including Scarlett Johansson who sat front row) to be covered in fruit and veg next spring.

GETTY IMAGES

FUN AND FLAMBOYANT: DSQUARED2

Dan and Dean Caten's runway shows are always camp, flamboyant productions that add fun and humour to Milan Fashion Week. But yesterday's show was a classic case of staging trumping the clothes. They created an impressive Glastonbury-like set that looked great until the models, dressed in sexy, clingy bodysuits and dresses, began to slip and fall on the muddy runway. But they scored high marks for realism.

GETTY IMAGES

NOT A TREND IN SIGHT: GIORGIO ARMANI

This collection didn't have a single trend in sight (unless you count his very subtle printed blouses and jackets) and that made it all the more appealing. His fluid, silk trousers, dresses, suits and jackets came in cool shades of gray, blue and taupe, and had a timelessness to them that will attract women who value style but couldn't care less about being "in fashion."

GETTY IMAGES

BLINGTASTIC: ROBERTO CAVALLI

Milan Fashion Week started off with a gold moment (Gucci's.) So it only makes sense that it ended with one too. In a collection that was like a middle finger to Italy's flailing economy, Roberto Cavalli opened his show with brazenly flamboyant, blingtastic mini-dresses, skirts, blazers and sinuous gowns covered in the kind of embellished gold regalia that could blind someone.

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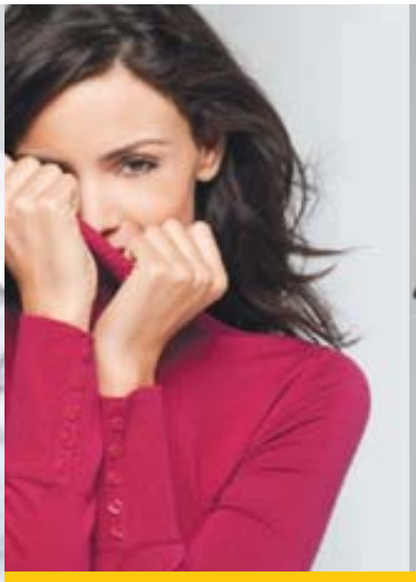

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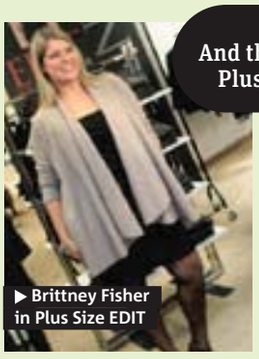
Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
And the beautiful @BrittneyFisher in Plus Size EDIT @thehudsonsbayco



▶ Brittney Fisher in Plus Size EDIT

- **@Nathalie-Roze & Co.:** Kudos for creating an accessibly priced & current-looking fab-size line!
- **@JasmineAmellie:** gorgeous girl!!

- **@Jeanne_Beker:** @theMarilynShow we talked about fact that 40 percent of women today are breadwinners. But how does that make our guys feel?
- **@DFConsultants:** More men are quite content to let their wives make the money. Insecure men are not attractive.
- **@Jeanne Beker:** Agreed. But I still think the man has to feel his contributions are just as important/essential to the partnership.
- **@DFConsultants:** I agree, but that goes for both men and women. They both want to feel like they are contributing, so it goes both ways.
- **@Jeanne Beker:** I suppose. Though I have met some women who really don't mind being totally taken care of. Some men too, I suppose...

Tweak your lifestyle; improve your health

THE KIT

BY ERINN STERINGA

Little tweaks to your lifestyle can make a big impact on your health.

MAKE SLEEP A PRIORITY

"We always resolve to exercise more or to eat better, but we never focus on sleep," says Dr. Reut Gruber, a clinical psychologist and researcher at McGill University.

He says lack of sleep has been associated with heart disease, diabetes, cancer, depression, anxiety and obesity.

Try the tweaks:

• Make your bedroom a sanctuary. TVs, BlackBerrys, home offices and noisy pets all make Gruber's no-no list.

"If it's not related to sleep or sex, get it out of the bedroom."

• Watch out for sleep saboteurs! Alcohol, caffeine and exercise too close to bedtime can affect your z's.

TURN DOWN THE MUSIC

According to experts at the University of Colorado, you can safely listen to your iPod for about 4.5 hours a day at 70 per cent volume without suffering any hearing loss. But certain situations — like cranking the volume at the gym — can crank up the risks.

Try the tweaks:

• Instead of ear buds, invest in headphones that seal out background noise so you don't have to drown it out.

• Try taking the volume down a few notches.

SPEAK UP AT THE DOCTOR'S

Studies show that when patients and doctors communicate well, patients recover faster and enjoy better overall health.

"Start by talking to your doctor about all aspects of your problem," says Dr. Moira Stewart, director of the Centre for Studies in Family Medicine at the University of Western Ontario.

Try the tweaks:

• Ask questions so you fully understand your role in the treatment plan.

• Know what the next steps are before you leave the doctor's office.

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Rappers inspired by women's clothing

The latest fashion trend in hip-hop has its male stars raiding the women's clothing department.

Lil Wayne jumped around in skinny women's pants during his performance at this year's MTV Video Music Awards. Kanye West wore a multi-print shirt designed for women at the Coachella music festival.

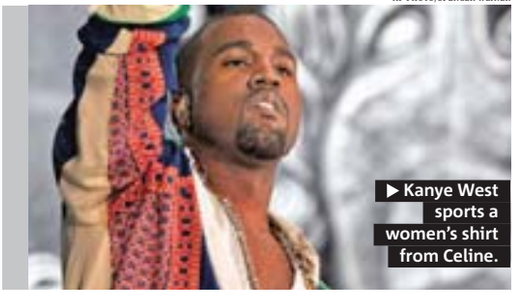
Kid Cudi has been seen in a plaid skirt, Snoop Dogg often wears jewelry designed for women, and Pharrell Williams is a fan of the Hermes-made Birkin bag, the ultra-expensive purse favoured by Hollywood's top actresses.

Elena Kiam, the owner and creative director of the jewelry brand Lia Sophia, says initially she was surprised to see her women's line embraced by some of rap's top acts like 50 Cent, P. Diddy and Snoop Dogg, who has worn her pieces in music videos and on magazine covers.

"When we were designing these really beautiful, sparkly necklaces, we thought more for top editors, maybe a celebrity movie star. We really weren't thinking about hip-hop," said Kiam, who also said Beyonce, Rihanna and Miley Cyrus have worn her designs.

THE ASSOCIATED PRESS

AP PHOTO/SPENCER WEINER



▶ Kanye West sports a women's shirt from Celine.

Spice up your wardrobe

Modern Family's Sofia Vergara launches line of figure-hugging clothing at Kmart The 39-year-old actress talks more about her affordable label

AP PHOTO/DONALD TRAILL

▶ Actress Sofia Vergara launched her new Sofia by Sofia Vergara Collection last Thursday at Kmart.

At times, it's hard to tell the difference between Sofia Vergara and Gloria, the character she plays on ABC's hit comedy Modern Family.

Both have gregarious personalities, an uproarious sense of humour, an enormous shot of sex appeal and daring fashion sense.

Now other women can be more like Vergara — or Gloria — thanks to the Colombian star's new clothing line at Kmart. The line features the kind of outfits that have made Vergara so popular on the red carpet and beyond — figure-hugging dresses, tight pants and short skirts.

The 39-year-old Emmy-nominated actress talked more about her line during a stop at Kmart with The Associated Press.

Why did you want to design your own fashion collection?

I always wanted to do it. I always had the thing for fashion, for beauty. But, I always wanted to team up with somebody like Kmart because that is what I wanted to create, a line that was affordable, that was for women of all sizes, every ethnicity, that could make them feel cute and beautiful without spending thousands of dollars.

Do you wear items from your collection?

I actually wear all of it. Everything (points to what she is wearing) is from Kmart. I love it. I wanted it to be pieces I would wear, pieces that I like. That's why I work with a very good group of designers and experts. I helped pick all of the materials, the models, the buttons, everything. So it was like the stuff that I like and the stuff that I wear.

Have you ever thought about doing a high-end line?

No, not really. I never was interested in that. I always wanted to create a line that was for my fans, for the girls that have always approached me and asked me, "Where did you get that outfit" or "I would have never thought to wear this with this. That is so great." I think that is even more fun, to be able to create cute clothes and they look like they were very high-end clothes, but they are not. THE ASSOCIATED PRESS

From a rented space to a place to call home

THINKSTOCK.COM

▶ A good bed and headboard can give "a sense of permanence."

Living in a rented apartment can feel like a floating liaison
But that doesn't mean you can't have some fun — well, for a short time at least

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS LOS ANGELES

We've all lived in those dreadfully poky, rented city apartments that have the personality of a monastic cell.

But rather than seeing renting a flat as a state of limbo between homeleaver and homeowner, we should embrace the space and make it our own (but do see tenancy agreement for dos and don'ts).

Thankfully, Kishani Perera is an LA-based interior designer whiz to the stars (including funny man Ben Stiller and cult favourite Gary Oldman).

Here are her tips to help perk up your pad.

Give it some personality

"You've got to commit to making it your own — it's not just a transient space. Paint it. Give it some warmth with a soft colour wash of blue, grey or even taupe just to get rid of that hotel feel," instructs Perera. "Remember, the floor is a canvas too. Dress it with a patterned or textured rug," she adds.

Bed down

"Buy a good bed and headboard — it gives your bedroom a sense of permanence. A futon or a floating mattress won't do," our expert says. You don't live in a crack den so, "It's worth it, if only for a short time and you can always reupholster or add throw cushions to give it a new look."

All good things come in small packages

"People tend to buy tiny pieces of furniture for tiny spaces, which actually makes it look smaller," Perera explains.

Create an optical illusion in any space by, "playing with the scale by utilizing the height. Tall bookcases and large mirrors draw the eye up and away from the cramped floor space. Contrary to popular belief, painting dark colours creates the illusion of a larger space."

"People tend to buy tiny furniture for tiny spaces, which actually makes it look smaller."
INTERIOR DESIGNER KISHANI PERERA

Go wild with whimsy

Your home is not a hospital ward, so do try to avoid stark sterility with something similar to Perera's curveball solution. "It's nice to have one crazy element of whimsy. Maybe an antique disco ball. Just something that gives it a kooky, personal touch."

Save the pennies

"Window drapes are not worth the splurge. They rarely work in the next property. Cheap solutions such as white sheer drapes from IKEA are inexpensive and give a room some added texture and feeling."

You can be a Scrooge elsewhere too. "Coffee tables can be bought cheaply and change the whole ambience of a room. One year you could have a lacquered red one — the next a Moroccan style," the expert muses.

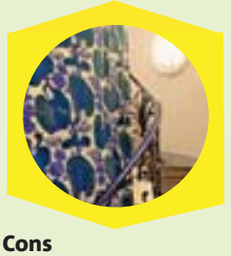
Keep walls sacred

"Use a decal wallpaper, which are easy to take down and nowadays they don't look too juvenile."

Yes, papering a rented pad does read a little drastic, so here's one for the less nasty types among you: "I'm big on placing knick-knacks or candles in groupings around the room — they're interesting, fuss-free and you'll save on major revamping," shares our interior supremo.

Focus Walls

Pros
- Adds drama to a small recess or niche.
- Wallpapers can be pricey but not if you go all frugal and stick to just one wall.
- It's an easy way to express your flair without going off-the-wall!



Cons
- You may be in danger of scaring people with your split personality.
- It's popular with provincial hair salons — enough said.
- You're only creating a dilemma for yourself in the decorating department

INVESTMENT VS. THROWAWAY

INVESTMENT
Bed

▶ Crack den chic is no way to go. Ercol, Bosco king size bed, $1,515, ercol.com

INVESTMENT
Sofa

▶ Keep it simple. Templeton apartment sofa, $3,895, jonathanadler.com

THROWAWAY FUN
Curtains

▶ One size certainly doesn't fit all. Chloe Gauze curtains, $20, urbanoutfitters.com

THROWAWAY FUN
Coffee table

▶ Be fickle and frivolous with this piece. Ikea Klubbo coffee table, $50, ikea.com

Chilly decorating mistakes

How to make your place seasonally stylish and cosy for fall and winter

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Changing up the look of your place with each change of season is a great way to follow trends without spending a lot of money — a few tabletop vases, some pillows, candles and throws can change a room's feel for the cold weather months.

Buying good decor basics, like a neutral sofa, proper sized dining table and some unique artwork, can help accessorize seasonally without breaking the bank. Here's a few common mistakes people make when attempting fall and winter decorating.

Trying to hide your television: Families watch the TV more in the winter. It is a necessity when it comes to entertainment for most homes.

If your TV hangs above a fireplace mantle, make sure to attach it to a swivel bracket so it can slant down into the room for easier viewing.

If choosing a console, go for a useful yet decorative one that looks like a piece of matching furniture in your room.

Displaying family portraits: Unless you have famous or royal family members I suggest enjoying your framed faces in a more private setting like a bedroom (although do you really want them all looking at you?). Put portraits in hallways, the office or the den.

Plastering furniture along the perimeter of a room: "What? are you having a town hall dance in the living room?"

Bringing the sofa in from the walls a few inches and arranging furniture in more intimate groupings will create more personal seating arrangements and actually make a narrow or small room feel larger.

Rule of thumb: no seating arrangement should separate people more than 14 feet apart from one another.

The row of three uptight candles: You know those candles — the ones that must be displayed in a perfect row, spaced exactly four inches apart from one another.

What you are left with is three bright flames gathered to draw your eyes to one side of a room.

Separate and scatter candles to create an even glow around the room.

Use flameless LED candles to add ambience on bookshelves, window sills and picture ledges.

POTTERY BARN

▶ The right accessories can create a cosy fall retreat.

CONTRIBUTED

▶ A modern fabric and paint colour can help to modernize an outdated antique.

Floating a tiny rug in the middle of a large room: Rugs are meant to tie furnishings together, not to sit lonely in the centre of the room to be admired.

If the front legs of the sofa and chairs are not sitting on the rug in your living or family room, then the rug is too small for that area.

In the dining room, the rug should be a minimum 18 inches larger on each side of the table.

Displaying family heirlooms that do not reflect your style: How many times have you made excuses for unmatched hand-me-downs?

You may as well be saying "Don't mind that old wooden coffin in the corner — that's just Grandma!"

If you have a piece of furniture that doesn't follow suit with your decor scheme, then have it refinished to a wood stain colour or upholstery fabric that helps it blend in.

If it is artwork that looks outdated then consider having it re-framed with a more up to date frame for a fresh look.

If that doesn't work there is bound to be some jealous relative that wants it more than you ever did, so pass it along.

Hanging artwork too high: You know when someone has hung their artwork too high — the paintings look like they are creeping up the walls away from the sofa, your head is angled toward the ceiling and when you sit in a room you stare at the bottom of the picture frame. The rule of thumb is that your artwork is hung about 10 to 12 inches from the top of the sofa, credenza or desk.

Shine a l'il light

Cosying up with a chenille throw and a good book gets you nowhere if the lighting is poor.

- **Overhead lighting** can often be too bright or undirected, while an occasional lamp may not give enough light for reading.
- **Invest** in a good swing-arm, floor-standing reading light to stand beside your favourite chair or bedside.

WEST ELM

▶ A swing-arm floor lamp is the perfect light source for reading.

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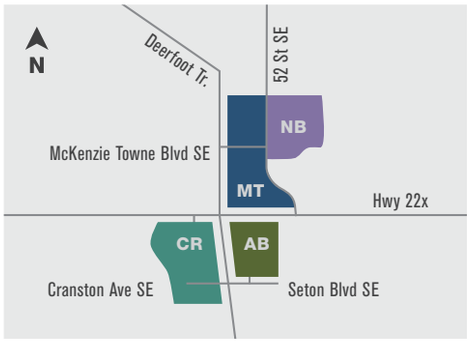

Weekly Cookbook

In her book 400 Best Sandwich Recipes: From Classics & Burgers to Wraps & Condiments (Robert Rose, 2011), Alison Lewis sets out to prove that a sandwich is no longer reserved for mid-day noshing.

Aside from recipes, Lewis includes a section on the need to choose great breads and the hunt for quality meats, seafood, cheese, vegetables and fruits to create the best sandwiches.

A sandwich for all to love

This well-balanced cheese and avocado sandwich is a nutritional family choice Kids will love the fact that it's grilled, while adults will enjoy the mix of toppings and healthy bread

This avocado, tomato and cheese sandwich is a nutritious and well-balanced lunch or light supper option for the youngsters in the family.

Grown-ups will undoubtedly fancy it as well.

Ingredients:

- 4 slices cheddar cheese
- 8 slices whole-wheat or whole-grain bread
- 1 ripe fresh avocado, peeled, seeded and sliced
- 1 medium tomato, sliced
- 4 slices red onion
- Chili sauce, to taste
- 4 slices Monterey Jack cheese
- Olive oil cooking spray

Preparation:

1. Place four bread slices on a work surface. On each, place a slice of cheddar cheese, a layer of avocado, tomato and onion slices. Add chili sauce over each sandwhich to taste. Top it with Monterey Jack cheese and finish the sandwiches with the remaining bread slices.
2. Heat a large sized skillet over medium heat. Spray the skillet with olive oil cooking spray. Place the sandwiches in the skillet and cook them until the bread is browned. Turn and cook until cheese has melted. Serve hot.

THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION

THE CANADIAN PRESS H/O

This recipe makes four sandwiches.

Taking a sandwich from good to great has a lot to do with its toppings These easy spreads will do the trick

Hummus-Style Spread Preparation:

1. In a food processor or blender, place all ingredients and mix well.

Spinach-Style Dip Preparation:

1. In a food processor or blender, place all ingredients and mix well.

Red Pepper Spread Preparation:

1. In a food processor or blender, place all ingredients and mix well.

Dill & Veggie Spread Preparation:

1. In a food processor or blender, place all ingredients and mix well.

THE CANADIAN PRESS

THE CANADIAN PRESS H/O

Shopping List

Hummus-Style Spread
- 500 ml (2 cups) canned chickpeas, drained and rinsed
- 250 ml (1 cup) Balkan-style yogurt
- 125 ml (1/2 cup) low-fat mayonnaise-type dressing
- 30 ml (2 tbsp) tahini
- 2 cloves garlic
- Lemon juice, to taste
- 15 ml (1 tbsp) olive oil

Spinach-Style Spread
- 375 ml (1 1/2 cups) fresh spinach, steamed and drained
- 125 ml (1/2 cup) minced green pepper
- 30 ml (2 tbsp) chopped jalapeno pepper (optional)
- 250 ml (1 cup) low-fat mayonnaise-type dressing
- 75 ml (1/3 cup) grated Parmesan cheese
- 125 ml (1/2 cup) coarsely grated Monterey Jack cheese
- Cracked pepper, to taste
- 30 ml (2 tbsp) low-sodium soy sauce

Red Pepper Spread
- 250 ml (1 cup) mayo
- 125 ml (1/2 cup) tomato
- 250 ml (1 cup) roasted red peppers
- 30 ml (2 tbsp) basil
- 125 ml (1/2 cup) sour cream

Dill & Veggie Spread
- 250 ml (1 cup) mayo
- 150 ml (2/3 cup) sour cream
- 15 ml (1 tbsp) dried onion
- 30 ml (2 tbsp) cucumber
- 15 ml (1 tbsp) each chopped parsley, chives, dill

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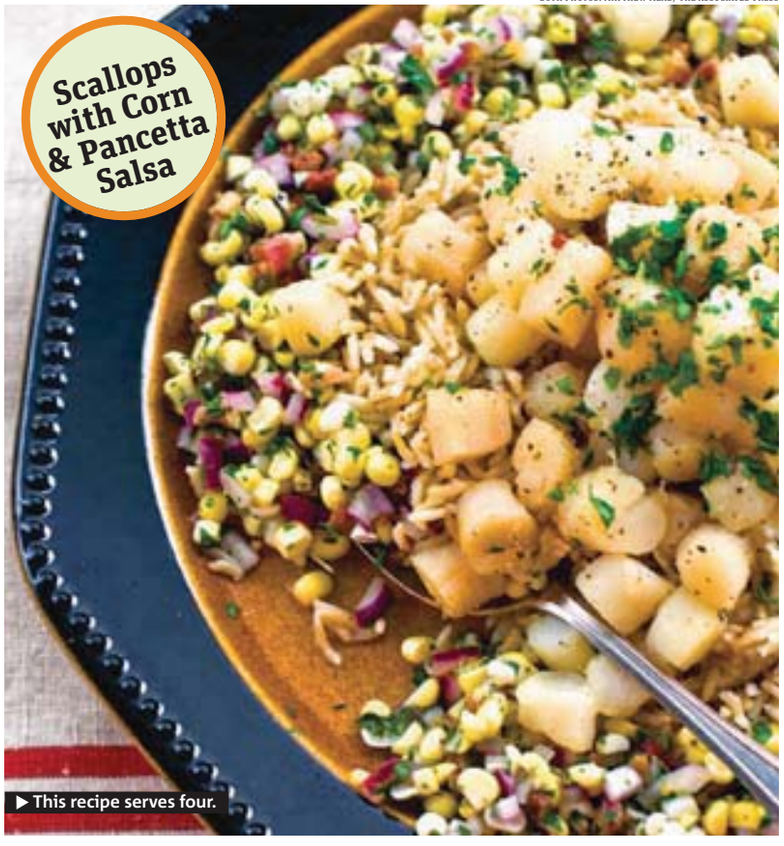
Catch of the day

Simple corn and pancetta salsa transforms sautéed bay scallops Serve it over rice or in a sandwich

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS



▶ This recipe serves four.

This simple and incredibly fast dinner is for those nights when you want something amazing but don't have the time or energy to be amazing in the kitchen.

In this recipe, the ingredients do all the work for you. Juicy bay scallops need nothing more than a quick trip in a very hot pan. Dressing them up calls for little more than browning some pancetta (buy the already chopped variety), then mixing in some fresh corn, onions and seasonings.

That's it. It's delicious, refreshing and beautiful enough to serve to company.

And feel free to play with the salsa ingredients. Peeled and diced cucumbers, pineapple, even chopped fresh strawberries would be great. And yes, the corn is used raw. It's delicious that way.

Serve this over rice or buttered toast as an open-face sandwich.

Preparation:

1. In a skillet over medium-high, sauté the pancetta until it is lightly browned, 6 to 8 minutes. Use a slotted spoon to transfer the pancetta to a medium bowl. Stir in onion, jalapeno, lemon juice and cilantro.
2. Remove the corn kernels from cobs. The best way to do this is to stand each ear on its wide end, then saw down the length of the cob with a serrated knife.
3. Add the corn kernels to salsa. Season with salt and pepper, then set the mixture aside.
4. Return the skillet with the pancetta drippings to medium-high heat. When pan is hot, add the bay scallops and sauté fthhem or 3 to 4 minutes or until they cooked through.
5. Season the bay scallops with salt and pepper, then serve with some of the corn salsa spooned over them on rice or in an open-faced toasted sandwich.

THE ASSOCIATED PRESS

Ingredients:

- 60 g (2 oz) chopped pancetta
- 1 small red onion, diced
- 7 ml (1/2 tbsp) jarred jalapeno slices, minced
- Juice of 1 lemon
- 50 ml (1/4 cup) chopped fresh cilantro
- 3 ears fresh corn, husks removed
- Salt and ground black pepper, to taste
- 1 kg (2 lb) bay scallops, patted dry

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kids cancer care

4 sports

Quoted

"It's a big, big step in my career, a new chapter. Hopefully I can bring energy, flavour and enthusiasm, but the most important thing is a winning team."

OZZIE GUILLEN, WHO WAS ANNOUNCED AS THE FLORIDA MARLINS' NEW MANAGER YESTERDAY.

Scan code for more sports.

Stamps coach shakes team up

Coach indicates Joffrey Reynolds, franchise leader in rushing, will be healthy scratch again

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Calgary Stampeders running back Jon Cornish, right, is tackled by Hamilton Ticats Justin Hickman, left, and Jamail Johnson during Sunday's game in Moncton.

The Calgary Stampeders have stalled and coach John Hufnagel applied the jumper cables by publicly calling out his team and sitting a franchise player.

Calgary, 1-3 in its last four games, fell 55-36 to the Hamilton Tiger-Cats in Sunday's Touchdown Atlantic in Moncton, N.B. Fifty-five points against is the second highest in team history.

The Stampeders (7-5) may be tied atop the West Division with Edmonton, but the surging B.C. Lions (6-6) are breathing down their necks.

Calgary seems to be at a crossroads in its season heading into Saturday's game at home versus the Saskatchewan Roughriders (4-8).

"We need to wake up as a team," quarterback Henry Burris said. "I need to wake up. Everybody needs to wake up."

Hufnagel questioned his own team's mental toughness after the game in Moncton. He indicated yesterday he'll make running back Joffrey Reynolds, the franchise leader in rushing yards, a healthy scratch for a second straight game Saturday.

Non-import Jon Cornish had nine carries for 84 yards Sunday. Import LaMarcus Coker was activated from the practice roster to help out with the return game because Larry Taylor was sidelined with a rib injury.

Coker, 25, had one big carry for 75 yards as well as 123 return yards. Taylor is expected back in the lineup for the 'Rider game, but Coker took first-team reps while Reynolds wore a scout-team bib yesterday.

"I'm definitely not questioning myself. Opportunities to get the ball haven't really been there."

STAMPEDERS RUNNING BACK JOFFREY REYNOLDS

Reynolds, the CFL's leading rusher in 2008 and 2009, is averaging a career-low 4.8 yards per carry this season. He also hasn't had the ball as much, averaging just under nine carries per game compared to 12 last season. In his eight CFL seasons, all with Calgary, he'd only missed one game prior to Sunday.

Hufnagel said following Sunday's game, "I don't think we're tough enough mentally to overcome bad situations in a football game." He admits it was a calculated attempt to challenge the egos on his team.

The coach is less forthcoming on in his decision to pull Reynolds from the lineup, but instilling fear for job security could be another motivating tactic.

"You saw a lot of guys wide-eyed when the decision was made," Burris said."I'm pretty sure (Hufnagel) has guys' attentions now." THE CANADIAN PRESS

Two collapses in last day of MLB wild-card race

The Tampa Bay Rays clinched the AL wild-card with a stunning rally last night, overcoming a late seven-run deficit and then beating the New York Yankees 8-7 on Evan Longoria's home run in the 12th inning.

The Rays' win came four minutes after Boston blew a one-run lead in the ninth at Baltimore and lost 4-3. The Red Sox, who held a nine-game lead over the Rays in early September, and Tampa Bay began the final day of the regular season tied for the wild card.

Tampa Bay will open the playoffs tomorrow at Texas.

Meanwhile in Atlanta, the Atlanta Braves couldn't get the final three outs against the Philadelphia Phillies to clinch the NL wild card.

Braves closer Craig Kimbrel surrendered the tying run in the ninth, and Hunter Pence came through with a two-out, run-scoring single in the 13th to give the Philadelphia Phillies a 4-3 victory that ended Atlanta's season. St. Louis routed Houston 8-0 earlier and got to the post-season. THE ASSOCIATED PRESS

NHL

Banana-throwing charge laid

ANGELA MULLINS IN LONDON, ONT.

A 26-year-old London, Ont., man expressed remorse for throwing a banana at a black player during last Thursday's NHL game at the John Labatt Centre, police said yesterday.

Christopher Moorhouse was identified as the person responsible for the incident, London police Chief Brad Duncan said. He has been charged with engaging in prohibited activity on premises under a provincial act. If convicted, he faces up to a $2,000 fine.

The incident, which involved Philadelphia Flyers forward Wayne Simmonds, did not meet the threshold for a hate-crime charge, Duncan said. For that, officials would need to prove his actions were "motivated by hatred," the chief said.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-New York	97	65	.599	—
y-Tampa Bay	91	71	.562	6
Boston	90	72	.556	7
Toronto	**81**	**81**	**.500**	**16**
Baltimore	69	93	.426	28

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	95	67	.586	—
Cleveland	80	82	.494	15
Chicago	79	83	.488	16
Kansas City	71	91	.438	24
Minnesota	63	99	.389	32

WEST DIVISION

	W	L	Pct	GB
x-Texas	96	66	.593	—
Los Angeles	86	76	.531	10
Oakland	73	88	.453	22½
Seattle	67	94	.416	28½

x — clinched division

Yesterday's results
Toronto 3 Chicago White Sox 2
Baltimore 4 Boston 3
Tampa Bay 8 N.Y. Yankees 7 (12 inn.)
Minnesota 1 Kansas City 0
Texas 3 L.A. Angels 1
Detroit 5 Cleveland 4
Oakland at Seattle
Tuesday's results
Chicago White Sox 2 **Toronto 1**
Tampa Bay 5 N.Y. Yankees 3
Minnesota 7 Kansas City 4
Texas 10 L.A. Angels 3
Oakland 7 Seattle 0
Boston 8 Baltimore 7
Detroit 9 Cleveland 6
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Avg.
MiCabrera Det	160	568	110	195	.343
MiYoung Tex	158	627	87	212	.338
AdGonzalez Bos	158	628	108	212	.338
VMartinez Det	144	537	75	175	.326
Ellsbury Bos	157	655	119	211	.322
DOrtiz Bos	145	521	84	160	.307
MeCabrera KC	155	658	102	201	.305
Kotchman TB	145	495	43	151	.305
Pedroia Bos	158	631	101	192	.304
Bautista Tor	**148**	**510**	**105**	**155**	**.304**

Runs — Granderson, NY, 135; Kinsler, Texas, 121; Ellsbury, Bos., 119; MiCabrera, Det., 110; AdGonzalez, Bos., 108; **Bautista, Toronto, 105.**
RBI — Granderson, NY, 119; Cano, NY, 118; AdGonzalez, Bos., 117; Teixeira, NY, 106; MiYoung, Tex., 106.
Hits — AdGonzalez, Bos., 212; MiYoung, Tex., 212; Ellsbury, Bos., 211; MeCabrera, KC, 201.
Doubles — MiCabrera, Det., 47; Francoeur, KC, 47; Cano, NY, 46; Ellsbury, Bos., 46.
Triples — Bourjos, LA, 11; AJackson, Detroit, 11; Granderson, NY, 10; Aybar, LA, 8; AEscobar, Kansas City, 8; Gardner, NY, 8; JWeeks, Oakland, 8.
Home Runs — **Bautista, Toronto, 43;** Granderson, NY, 41; MarReynolds, Bal., 37; Teixeira, NY, 37; Beltre, Tex., 32; Ellsbury, Bos., 32; Kinsler, Tex., 32.
Stolen Bases — Crisp, Oak., 49; Gardner, NY, 49; ISuzuki, Sea., 40; Ellsbury, Bos., 38; Andrus, Texas, 36; BUpton, Tampa Bay, 35; **RDavis, Toronto, 34;** Revere, Minnesota, 34.
Yesterday's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Philadelphia	102	60	.630	—
Atlanta	89	73	.549	13
Washington	80	81	.497	21½
New York	77	85	.475	25
Florida	72	90	.444	30

CENTRAL DIVISION

	W	L	Pct	GB
x-Milwaukee	96	66	.593	—
y-St. Louis	90	72	.556	6
Cincinnati	79	83	.488	17
Pittsburgh	72	90	.444	24
Chicago	71	91	.438	25
Houston	56	106	.346	40

WEST DIVISION

	W	L	Pct	GB
x-Arizona	94	67	.584	—
San Francisco	86	76	.531	8½
Los Angeles	81	79	.506	12½
Colorado	73	89	.451	21½
San Diego	71	91	.438	23½

y — clinched wildcard berth

Yesterday's results
St. Louis 8 Houston 0
Philadelphia 4 Atlanta 3 (13 inn.)
San Diego 9 Chicago Cubs 2
Colorado 6 San Francisco 3
Washington 3 Florida 1
N.Y. Mets 3 Cincinnati 0
Milwaukee 7 Pittsburgh 3
L.A. Dodgers at Arizona
Tuesday's results
Arizona 7 L.A. Dodgers 6 (10 inn.)
Cincinnati 5 N.Y. Mets 4 (13 inn.)
St. Louis 13 Houston 6
Philadelphia 7 Atlanta 1
San Francisco 7 Colorado 0
Florida 3 Washington 2
Milwaukee 6 Pittsburgh 4
Chicago Cubs 6 San Diego 2
END OF REGULAR SEASON

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	125	536	101	180	.336
Braun Mil	149	559	109	187	.335
Kemp LAD	160	598	114	194	.324
Pence Pha	153	602	83	188	.312
Votto Cin	160	596	101	185	.310
SCastro ChiC	157	671	91	206	.307
ArRamirez ChiC	148	562	80	172	.306
YMolina StL	138	471	55	144	.306
Morse Wash	146	522	73	158	.303
Tulowitzki Col	143	537	81	162	.302

Runs — Kemp, LA, 114; Braun, Mil., 109; JUpton, Arz., 105; Pujols, StL, 104; JosReyes, NY, 101; Votto, Cin., 101.
RBI— Kemp, LA, 124; Fielder, Mil., 120; Howard, Phi., 115; Braun, Mil., 111; Tulowitzki, Col., 105; Votto, Cin., 103; Pujols, StL, 98.
Hits — SCastro, Chi., 206; Kemp, LA, 194; Bourn, Atl., 190; Pence, Phi., 188; Braun, Mil., 187; Votto, Cin., 185; BPhillips, Cin., 183.
Doubles — Votto, Cin., 40; Beltran, SF, 39; JUpton, Arz., 39; Braun, Mil., 38; CaLee, Hou., 38; Pence, Phi., 38; BPhillips, Cin., 38; CYoung, Arz., 38.
Triples — JosReyes, NY, 16; Victorino, Phi., 16; Fowler, Col., 15; Bourn, Atl., 10; SCastro, Chi., 9; SSmith, Col., 9.
Home Runs — Fielder, Mil., 38; Kemp, LA, 38; Pujols, StL, 37; Uggla, Atl., 35; Stanton, Fla., 34; Braun, Mil., 33; Howard, Phi., 33.
Stolen Bases — Bourn, Atl., 59; Bonifacio, Fla., 40; Kemp, LA, 40; Stubbs, Cin., 40.
Yesterday's games not included

BLUE JAYS 3, WHITE SOX 2

Toronto	AB	R	H	BI	BB	SO	Avg.
McCoy ss	4	1	0	0	1	0	.198
E.Thames lf	5	0	1	1	0	2	.262
Bautista dh	3	0	0	0	1	2	.302
K.Johnson 2b	3	1	1	0	0	2	.270
Cooper 1b	4	1	1	0	0	0	.211
Rasmus cf	3	0	0	0	0	1	.173
Arencibia c	2	0	0	0	2	0	.219
Teahen 3b	2	0	1	1	2	1	.200
Wise rf	2	0	0	0	0	1	.125
J.Molina ph	1	0	0	0	0	1	.281
Loewen rf	0	0	0	1	1	0	.188
Totals	**29**	**3**	**4**	**3**	**7**	**10**	
Chicago	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Pierre lf	5	0	0	0	0	2	.279
De Aza cf	3	1	2	0	1	0	.329
Al.Ramirez ss	3	0	2	1	1	1	.269
Pierzynski dh	4	0	1	0	0	0	.287
E.Escobar pr-dh	0	0	0	0	0	0	.286
Flowers 1b	2	0	0	0	2	1	.209
Viciedo rf	4	0	0	0	0	1	.255
Morel 3b	4	0	0	0	0	1	.245
Lucy c	3	0	0	0	1	3	.200
Beckham 2b	4	1	2	1	0	1	.230
Totals	**32**	**2**	**7**	**2**	**5**	**10**	

Toronto	**100**	**000**	**002—3 4 0**
Chicago	**000**	**110**	**000—2 7 0**

LOB—Toronto 8, Chicago 8. 2B—E.Thames (24), K.Johnson (4), Al.Ramirez (31). HR—Beckham (10), off Morrow. RBIs—E.Thames (37), Teahen (14), Loewen (4), Al.Ramirez (70), Beckham (44). S—Rasmus.

Toronto	IP	H	R	ER	BB	SO	NP	ERA
Morrow	6	5	2	2	5	7	105	4.72
Janssen	1	0	0	0	0	2	10	2.26
Camp W, 6-3	1	1	0	0	0	0	7	4.21
F.Frncsc S, 17-21	1	1	0	0	0	1	17	3.55
Chicago	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Humber	6⅓	2	1	1	4	9	105	3.75
Thornton H, 20	1⅓	0	0	0	0	1	19	3.32
SI L, 2-2 BS, 2-10	⅓	2	2	2	3	0	26	2.79
S.Santos	⅓	0	0	0	0	0	5	3.55
Ohman	⅓	0	0	0	0	0	5	4.22

T—2:48. A—20,524 (40,615).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	510	105	155	43	103	.304
Lawrie	150	26	44	9	25	.293
Escobar	513	77	149	11	48	.290
Molina	170	19	48	3	15	.282
Encarnacion	481	70	131	17	55	.272
Johnson	112	15	30	3	9	.268
Thames	357	58	94	12	36	.263
Lind	499	56	125	26	87	.251
Davis	320	44	76	1	29	.238
Arencibia	441	47	97	23	78	.220
Cooper	67	8	14	2	12	.209
McCoy	193	25	39	2	10	.202
Teahen	158	14	31	4	13	.196
Loewen	32	4	6	1	3	.188
Rasmus	130	14	23	3	13	.177
Wise	30	4	4	2	2	.133
Woodward	10	3	0	0	0	.000

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Beck	0	0	0	2.1	3	0.00
Carreno	1	0	0	15.2	14	1.15
Janssen	6	0	2	54.2	51	2.30
Romero	15	11	0	225.0	178	2.92
Alvarez	1	3	0	63.2	40	3.53
Francisco	1	4	16	49.2	52	3.62
Villanueva	6	4	0	107.0	68	4.04
Camp	5	3	1	65.1	32	4.27
Litsch	6	3	1	75.0	66	4.44
Cecil	4	11	0	123.2	87	4.73
Morrow	11	11	0	173.1	196	4.78
Rauch	5	4	11	52.0	36	4.85
Perez	3	3	0	65.0	54	5.12
Drabek	4	5	0	78.2	51	6.06
McGowan	0	2	0	21.0	20	6.43
Lewis	0	0	0	5.0	5	9.00
Mills	1	2	0	18.1	18	9.82
Farquhar	0	0	0	2.0	1	13.50

Yesterday's game not included

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	0	0	1.000	113	73
New England	2	1	0	.667	104	79
N.Y. Jets	2	1	0	.667	83	61
Miami	0	3	0	.000	53	78

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	90	60
Tennessee	2	1	0	.667	57	43
Jacksonville	1	2	0	.333	29	62
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	1	0	.667	85	40
Cleveland	2	1	0	.667	61	62
Pittsburgh	2	1	0	.667	54	55
Cincinnati	1	2	0	.333	57	54

WEST

	W	L	T	Pct	PF	PA
Oakland	2	1	0	.667	92	82
San Diego	2	1	0	.667	65	69
Denver	1	2	0	.333	58	62
Kansas City	0	3	0	.000	27	109

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	69	67
Washington	2	1	0	.667	66	53
N.Y. Giants	2	1	0	.667	71	60
Philadelphia	1	2	0	.333	78	77

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	1	0	.667	60	60
New Orleans	2	1	0	.667	104	88
Carolina	1	2	0	.333	60	68
Atlanta	1	2	0	.333	60	77

NORTH

	W	L	T	Pct	PF	PA
Green Bay	3	0	0	1.000	99	74
Detroit	3	0	0	1.000	101	46
Chicago	1	2	0	.333	60	69
Minnesota	0	3	0	.000	60	74

WEST

	W	L	T	Pct	PF	PA
San Francisco	2	1	0	.667	70	52
Seattle	1	2	0	.333	30	67
Arizona	1	2	0	.333	59	56
St. Louis	0	3	0	.000	36	96

WEEK 3
Sunday's games
All times Eastern
Detroit at Dallas, 1 p.m.
Washington at St. Louis, 1 p.m.
Minnesota at Kansas City, 1 p.m.
Carolina at Chicago, 1 p.m.
Pittsburgh at Houston, 1 p.m.
New Orleans at Jacksonville, 1 p.m.
San Francisco at Philadelphia, 1 p.m.
Tennessee at Cleveland, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
N.Y. Giants at Arizona, 4:05 p.m.
Atlanta at Seattle, 4:05 p.m.
Miami at San Diego, 4:15 p.m.
New England at Oakland, 4:15 p.m.
Denver at Green Bay, 4:15 p.m.
N.Y. Jets at Baltimore, 8:20 p.m.
Monday, Oct. 3
Indianapolis at Tampa Bay, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	12	8	4	0	291	277	16
Montreal	12	7	5	0	374	297	14
Hamilton	12	6	6	0	351	344	12
Toronto	12	3	9	0	251	344	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	12	7	5	0	288	284	14
Calgary	12	7	5	0	324	345	14
B.C.	12	6	6	0	334	249	12
Saskatchewan	12	4	8	0	272	345	8

WEEK 14
All times Eastern
Tomorrow's games
Montreal at Winnipeg, 7:30 p.m.
Edmonton at B.C., 10:30 p.m.
Saturday's games
Saskatchewan at Calgary, 4 p.m.
Hamilton at Toronto, 7 p.m.

TENNIS

ATP

MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles — First Round
Jurgen Melzer (4), Austria, def. Rik de Voest, South Africa, 6-0, 6-4.
Dmitry Tursunov (7), Russia, def. David Goffin, Belgium, 6-3, 6-3.
Flavio Cipolla, Italy, def. Bernard Tomic, Australia, 6-2, 6-2.
Denis Istomin, Uzbekistan, def. Marinko Matosevic, Australia, 6-3, 6-2. Second Round
Marcos Baghdatis, Cyprus, def. Somdev Devvarman, India, 7-5, 6-4.
Doubles — First Round
Martin Emmrich, Ger., & Andreas Siljestrom, Swe., def. **Adil Shamasdin, Pickering, Ont.,** Igor Zelenay, Slovakia, 7-5, 3-6, 10-7 (tiebreak).

PTT THAILAND OPEN

At Bangkok, Thailand
Singles — First Round
Tobias Kamke, Germany, def. Pablo Andujar (8), Spain, 6-0, 6-1.
Go Soeda, Japan, def. Karol Beck, Slovakia, 3-6, 7-6 (3), 7-6 (4).
Singles — Second Round
Gilles Simon (3), France, def. Yen-hsun Lu, Taiwan, 6-7 (4), 7-5, 6-4.
Jarkko Nieminen, Finland, def. Robin Haase (7), Netherlands, 7-6 (5), 7-6 (4).
Matthias Bachinger, Germany, def. Danai Udomchoke, Thailand, 7-6 (5), 6-3.

WTA

TORAY PAN PACIFIC OPEN

At Tokyo
Singles — Third Round
Kaia Kanepi, Estonia, def. Caroline Wozniacki (1), Denmark, 7-5, 1-6, 6-4.
Maria Sharapova (2), Russia, def. Julia Goerges (13), Germany, 7-6 (4), 7-6 (4).
Victoria Azarenka (3), Belarus, def. Klara Zakopalova, Czech Republic, 6-3, 7-5.
Vera Zvonareva (4), Russia, def. Iveta Benesova, Czech Republic, 6-1, 6-2.
Petra Kvitova (5), Czech Republic, def. Vania King, U.S., 6-1, 7-6 (4).
Marion Bartoli (7), France def. Peng Shuai (10), China, 6-2, 6-1.
Agnieszka Radwanska (9), Poland, def. Jelena Jankovic (8), Serbia, 2-6, 6-4, 6-0.
Maria Kirilenko, Russia, def. Ana Ivonovic (12), Serbia, 6-3, 6-1.

NHL

PRE-SEASON

Last night's results
Chicago 4 Detroit 3
Winnipeg 3 Carolina 1
Nashville 4 Washington 1
Los Angeles 6 Colorado 0
Vancouver at Anaheim
Tuesday's results
Toronto 5 Ottawa 3
Edmonton 3 Phoenix 2
Calgary 2 N.Y. Islanders 0
Dallas 4 Florida 3 (OT)
St. Louis 4 Minnesota 3
Pittsburgh 3 Los Angeles 2 (SO)
Tonight's games
All times Eastern
Ottawa at Boston, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Minnesota at Columbus, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Florida at Dallas, 8:30 p.m.
Phoenix at Calgary, 9 p.m.
Vancouver at San Jose, 10:30 p.m.
Tomorrow's games
Buffalo at Washington, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Columbus at Carolina, 7 p.m.
Toronto at Detroit, 7:30 p.m.
Edmonton at Minnesota, 8 p.m.
Pittsburgh at Chicago, 8:30 p.m.
Nashville at Winnipeg, 8:30 p.m.
Los Angeles at Anaheim, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	31	11	9	11	46	39	44
Houston	31	10	9	12	39	39	42
Columbus	31	11	12	8	36	40	41
Philadelphia	29	9	7	13	37	31	40
New York	30	8	7	15	46	41	39
D.C. United	28	9	8	11	43	41	38
Chicago	30	7	8	15	39	39	36
Toronto	31	6	13	12	32	55	30
New England	30	5	13	12	34	49	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	17	3	10	44	22	61
Seattle	30	15	6	9	49	32	54
Salt Lake	30	15	9	6	42	30	51
Dallas	30	13	10	7	36	33	46
Colorado	31	10	9	12	41	40	42
Portland	30	10	13	7	37	44	37
Chivas USA	31	8	12	11	39	38	35
San Jose	30	6	11	13	32	39	31
Vancouver	29	4	15	10	29	49	22

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Last night's results
Kansas City 2 Columbus 1
Chicago 3 Salt Lake 0
Tonight's game
All times Eastern
D.C. United at Philadelphia, 8 p.m.
Saturday's games
Chicago at Houston, 4 p.m.
Seattle at New England, 7:30 p.m.
New York at Toronto, 7:30 p.m.
FC Dallas at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 10:30 p.m.
Sporting Kansas City at San Jose, 10:30 p.m.
Sunday's games
D.C. United at Columbus, 4 p.m.
Portland at Vancouver, 4:30 p.m.
Philadelphia at Chivas USA, 8 p.m.

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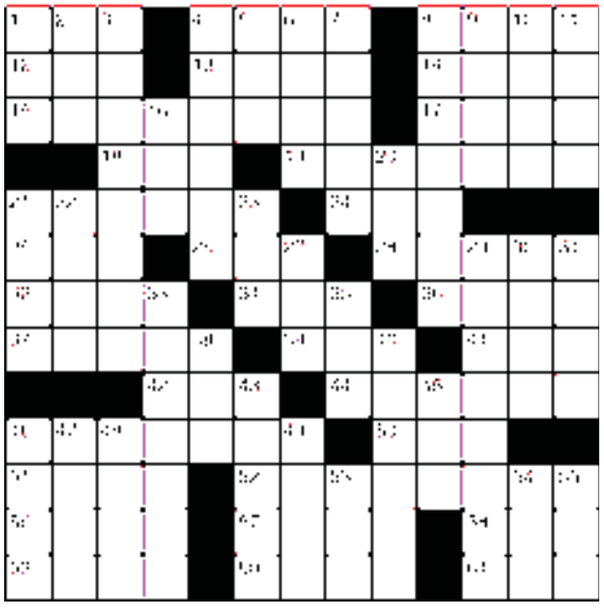
Crossword



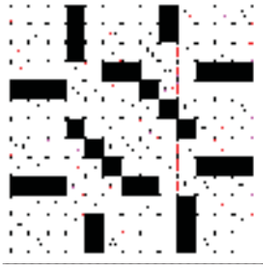
Across

1 "— Got a Secret"
4 Ergo
8 "Repeat that, please"
12 Half a dozen
13 Loathe
14 Gardening device
15 Motherly
17 Duel tool
18 Id counterpart
19 2nd-century Roman emperor
21 Not as small
24 Shade
25 Plant bristle
26 Perch
28 Fundamental
32 Castle protection
34 Cattle call?
36 Doubtless
37 Apportion
39 Scull tool
41 Corral
42 Existed
44 Minimum
46 Boat race
50 Indy entry
51 Addict
52 Devilish
56 Carnelian variety
57 Dregs
58 Past
59 Drones
60 Rams fans?
61 Journey segment

Down

1 Doctrine
2 By way of
3 Outer
4 Pangs
5 Solo of "Star Wars"
6 Hexagonal state
7 Unexplained word in Psalms
8 Since, in a preamble
9 Kachina worshiper
10 On the briny
11 Adolescent
16 Early bird?
20 Fix the soundtrack
21 Tibetan monk
22 MPs' quarry
23 Edge
27 As well
29 Heaven-sent
30 Enrages
31 Penny
33 In the direction of
35 Big galoot
38 Tit for —
40 Play break
43 Steps over a fence
45 "— and Peace"
46 Hurry
47 Jacob's brother
48 Bacterium
49 Over again
53 Entry payment
54 Time of your life?
55 Journal

▶ Yesterday's answer



Sudoku

5		7					9	4
			3	5				7
8	3	4		9				2
			4				7	8
3		8	1		6	9		5
7	4				2			
2				6		4	5	1
4				1	5			
1	9					7		6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	6	1	4	7	5	9	8
9	8	4	3	2	5	6	7	1
5	7	1	6	9	8	2	3	4
1	5	3	7	6	4	9	8	2
7	9	2	8	5	3	1	4	6
4	6	8	2	1	9	7	5	3
6	4	5	9	3	2	8	1	7
3	1	7	5	8	6	4	2	9
8	2	9	4	7	1	3	6	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dearest Cuda, September 29th marks our 5 year anniversary, I love you more as each day passes and look forward to the next 5 year chapter in our lives. Happy Anniversary my heart! **MUNK**

To M, I didn't want to believe you when you said not to contact you ever again. After numerous attempts to try and reach you with no luck, I know you meant what you said. I will no longer try to contact you and will give you this kiss good-bye, I know it is finished **T**

Babylove, Having you a part of my life has been a blessing. You've inspired me to do more than i've ever thought I was capable of. Every day you are a constant reminder that my dreams are within reach..after all I have you in my life! I love you honey. knish<3 **VEE**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 1° Max 17°	Min 6° Max 24°	Min 1° Max 18°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Cosmic activity in your opposite sign of Libra will bring relationship matters to a head over the next day.

♉ Taurus April 21-May 21 You may be tempted to play around with something that isn't quite working the way you want it to.

♊ Gemini May 22-June 21 You will make a success of whatever you do today, but there are some things you do better than others.

♋ Cancer June 22-July 22 This could be a tricky day for relationships. Open up. Show feelings.

♌ Leo July 23-Aug.23 Something important will happen today, of which you very much approve.

♍ Virgo Aug. 24- Sept. 22 If you need to improve your financial situation, you will find a way over the next 24 hours.

♎ Libra Sept. 23-Oct. 23 This is the ideal time to get serious about a relationship you may have been half-hearted about in the past.

♏ Scorpio Oct. 24-Nov. 22 Something from the past seems to be on your mind lately. Yesterday is finished. It's today that matters.

♐ Sagittarius Nov. 23-Dec. 21 Pay attention to what other people tell you today because they can see things that you cannot.

♑ Capricorn Dec. 22-Jan. 20 If you play your cards right, you could very soon be moving up.

♒ Aquarius Jan. 21-Feb. 18 You need a change of direction, and what happens over the next few days will make it clear it's time.

♓ Pisces Feb. 19-March 20. You have a gift that you may not be making the most of. What are you really good at? **SALLY BROMPTON**

Caption contest

PAUL MOSELEY/THE ASSOCIATED PRESS

NATACHA PISARENKO/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NO WAY... Baloney!

GET OUT... "SERIOUSLY?!"

OMG!!

"You have GOT to be Kidding me!"

SHUT UP! HOLY MOLY

"GET-OUT-A-TOWN!"

"UN-B-LIEVABLE!"

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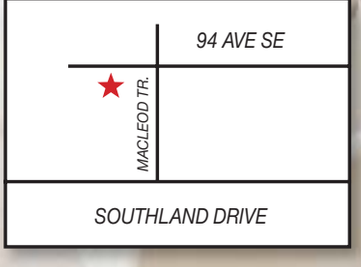

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the Bay CALGARY DOWNTOWN STORE